

kumeu Courier

FREE monthly community magazine for Kumeu & districts

EVENTS AND UPDATES

LOCAL BOARD UPDATE

- Pet tips & advice
- Food & beverage
- Home & garden
- Property market report

BUILD NEW

Circulation is 10,000 print copies and 3371 opened and read email copies.
Editorial contributions are free from cost. Advertising starts at \$75 plus gst for a business card size.
Contact Sarah Brightwell on 021 250 7324 or sarahbrightwell022@gmail.com

July 2016

Intro

Welcome to our July edition. We are officially past the half way mark and I'm now on the countdown to you guessed it, Christmas! The next few months will be busy ones for many of us, even as the weather continues in its wild wintery ways. We've had some pretty amazing thunderstorms already this winter and they're likely to keep on coming. Some pets will be absolutely fine with the storms and sleep through them; others however can find them extremely frightening! Check out the tips on page 36 to see if you can help your pets be more comfortable during a thunderstorm and also to help your pets during fire-works too. For further information or advice contact Laura on 0508 PET FIRST or laura@petfat.co.nz. A start has been made on the fundraising for the new adventure playground off Freshfields Road in Waimauku. Waimauku Lions have set up a Give a Little page (givealittle.co.nz/cause/waimauku-playground), and they will match every dollar donated. Any individual, family or business donating a significant amount, can have a plaque on a dedicated area of the playground. The community is right behind this project and due to this support, Waimauku Lions have been able to put together a plan which includes shaded areas and seating. Please support this fantastic project, visit the give a little page, and donate today. The Riverhead Gallery is turning one this year so go and join them on the 9th July to celebrate the gallery's first birthday. They will be having wine and cheese from 3pm till 5pm (gallery will be open from normal hours 11-5pm). They have plenty of lovely new works in the gallery including Silent Waters by Mandy Emerson. She is represented by galleries both here in NZ and Australia and won the "Signature Artist" award at the NZ Artshow in 2009. Opening hours for the gallery are Wed-Sun from 11-5pm or by appointment 027 227 8450. 1044 Coatesville-Riverhead Hwy, (opposite Riverhead dairy). And finally, to all my fellow nature and bird lovers in the community, Forest and Bird's annual Garden Bird Survey is still running (25 June-3 July, this survey is a great way to see how common species' numbers are trending. Kiwi, kaka and kokako have recovery plans. You can help keep an eye on all NZ birds. The information you collect will become part of a 10 year old data set. www.forestandbird.org.nz/the-garden-bird-survey-needs-you.

As always, stay safe- be kind.

Sarah,
Editor.



kumeu Courier

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PHELAN'S LOCAL BOARD UPDATE

As mentioned in last month's column the Local Board has started work on a Centre Plan for Kumeu & Huapai.

A Centre Plan helps define the long term vision for a town's centre and provides a basis for funding of projects around infrastructure and public amenities. A great example is the recent Silverdale Centre Plan, like Kumeu, Silverdale is divided by a main road, the former SH1, so this gives a useful pointer to the sorts of issues the community will want to consider when participating in the creation of our Centre Plan. You can find the Silverdale plan by googling 'Silverdale Centre Plan'.

We held our first meeting in May and presented the results of our pre survey work of the community and planning staff explained how the Centre Plan fitted within the planning processes of Auckland Council (see last month's article for more detail). Over fifty people attended and it was great to see new residents getting involved.

The next step will be a meeting in June or early July to discuss with the community how it would like to be involved in the plan development; would there be a steering group or a series of public workshops? Discuss key stages and components of the plan, agree on timeframe and milestones.

Following that there could be a series of

community workshops from July to September. These would develop criteria and prioritise key focus areas and look at getting more community input and identify quick wins within the plan.

One of the workshops would be run by Milenko Matanovic from the Pomegranate Centre in the USA. Milenko is an expert in community led planning and action and we had some great success from a meeting he facilitated in Riverhead last year.

We hope to have a draft plan ready for further consultation in September.

The most important part of this plan is the community involvement. This plan will set the scene for a series of major projects over the next 10 years and it's really important Council gets it right when it comes to ensuring the plan is a good representation of the community's aspirations.

Watch out for details of upcoming meetings in your local papers and on Facebook. To sign up for communication about meetings please contact; sue.dodds@aucklandcouncil.govt.nz

If you have issues or questions connected with council or want help on a community project please contact me, Phelan Pirrie, Elected Member, Rodney Local Board. Mobile: 021 844 124. Email phelan.pirrie@aucklandcouncil.govt.nz.

KUMEU LIBRARY

Looking for fun, free activities for the kids over the July School Holidays? Kumeu Library has a great programme planned: Special Events:

Tuesday 12 July, 10.30 am: Zumba for Kids with Kat - be active and jam out to your favourite music. (Suitable for 5 to 10 years).

Friday 15 July, 10.00am: Roald Dahl Storytelling Show with visiting storyteller Nick Duval-Smith, followed by BFG fun! (Suitable for 5 to 10 years).

Tuesday 19 July, 10.30am: Paper Plate Magnetic Mazes - be amazed with this magnificent maze game. (Suitable for 5 to 10 years).

Regular Events:

Mondays, 10.30am: Storytime for preschool to 8 years.

Fridays, 9.30am: Rhymetime for preschoolers (please note that there is no Wriggle & Rhyme during the school holidays).

And we have drop-in and do activities available all day, every day - come and visit Kumeu Library and join in the fun!

Follow us on Facebook (www.facebook.com/kumeulibrary) to keep up with all our events and activities.

Join us at Nature's Explorers Kindergarten Home away from Home

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COMMUNITY NOTICE BOARD

THE WINTER CHILL IS WELL AND TRULY IN THE AIR

The outside wind as well as the heat from fireplaces and other forms of heating will be playing havoc on our skin. Babies' bottoms may not be getting the fresh air they need - it's too cold to be hanging out without nappies, so the nappy rashes may be more prevalent. We can help with all your ailments, purely natural baby balms, lip balms, body butters and moisturisers. Or if a massage by the fire appeals we have lovely massage balms and pain relief balms, and not to forget our popular chest relief for winter coughs, colds and sniffles. Safe for all ages. pureallies@gmail or Facebook Pure Allies NZ.

LOCAL GIRLS TAKE THE REINS

Two local competitive horse riders have been selected to compete in an elite competition held at the massively popular 'Equidays' in October this year. Darryll Cole (21) and Erin Leighton (24) are two of approximately 40 other riders chosen nationwide to compete for the Dunstan Ex-Factor Title presented by Beyond the Barriers NZ. Beyond the Barriers is a non-profit organisation whose purpose is to promote the versatility and suitability of retired racehorses as sporthorses within New Zealand. Aimed at raising awareness about the successful transi-



tion of the New Zealand thoroughbred into equestrian careers and ultimately increase their re-homing opportunities, Beyond the Barriers NZ was formed in 2014 by Gina Schick and Nicky Wallace. With a generous prize pool of \$10,000, Darryll and Erin will be working diligently with their recently retired racehorses, Magna Glo and Heameric Te Specso, in preparation for the Dunstan Ex-Factor where they will compete in 3 events. Equidays attracts thousands of people each year and is held at the Mystery Creek Events Centre on the 14-16th October. You can follow the girls' journeys by searching "Magna Glo" (Darryll) and "Heameric Te Specso" (Erin) on Facebook.

KUMEU ARTS CENTRE

Kumeu Arts Centre is proud to present our Annual Ceramic Exhibition for 2016, 4th - 30th July. An exhibition featuring various ceramic art works from Kumeu Arts Centre members. We will also be offering a range of School Holiday Classes during the July school holidays: Circability Circus - Monday 18th July 1pm-3pm. Circability teach circus for all ages and abilities and will be teaching a variety of circus skills that will challenge students of all levels. Cost: \$30 per child. Contact Sarah on 09 412 9480 or email thetinshed@clear.net.nz for bookings. *Please note we need at least 18 children for this workshop to go ahead. Nail Art School Holiday Class - Tuesday 12th July 2016: 9.30 - 11.30am. Come along and create some nail art templates and have your nails painted, Various techniques taught. All materials

supplied, but children welcome to bring their own favourite colours or tools. Cost: \$15 per child. Bookings: Ginny 021 083 03972 or ginnygirl18@gmail.com. Kumeu Children's Art Club Holiday Art Class - Tuesday 19th July 2016: 10am - 3pm. Screen printed patterns. A really fun day for all ages. All materials included. Cost \$50. Bookings: Julie 021 208 3714 julie-moselen@xtra.co.nz. Access to Art for Children - Friday 22nd July 2016: 10am - 3pm 'A book about me; All materials included. Cost \$40. Bookings: Julie 021 208 3714 julie-moselen@xtra.co.nz. School Holiday Clay Class with Victoria Walker - Thursday 14th July 2016: 10am - 3pm and Thursday 21st July 2016: 10am - 3pm. These classes have filled quickly so book early. Please book and confirm a place at email ceramiczz@xtra.co.nz or Mob - 021 123 6046. Visit www.kumeuartscentre.co.nz or phone 09 412 9480 for more information.

WINTER SERIES CONTINUES

Despite winter's unwelcome arrival events are running every weekend at Woodhill Sands. With all-weather parking and riding surfaces a little rain doesn't hinder proceedings! July is action packed with more Dressage, Show Jumping, Show Hunter and Mini ODE's. This is a great opportunity for riders to get to know new mounts prior to pony clubs starting up again and we have very grass roots level events for the most green rider or pony. The Sandy Kiosk is open at every event serving great food and hot coffee to keep the winter chills away.



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fit into any of these groups to feel younger, fitter and more alive. We have something for everyone - from Spin Classes to Yoga and Supervised Training to Fitness for Function for 60 years +. If you are looking to gain strength or increase your health, looking to slim down or bulk up we have just what you need. To go above and beyond we also offer Netball and Soccer 4 nights a week on our fully enclosed Indoor Court. Pop in Monday to Thursday from 6pm to get the full experience and see what you are missing. Let's get fit in our community - what have you got to lose? Kumeu Gym - 250c Main Road, Kumeu - phone 09 412 8932.

KUMEU BOUNCY CASTLES

Eight new castles on their way! We have a great choice of 20 fun castles, kid's tables and chairs, popcorn/candy floss machines and entertainers. Great for birthday parties, corporate events, house warming parties, etc. Winter is still a fantastic time for a party as we can set up inside halls and so you can still plan a magical day for your children. From as little as \$140 you could have a fun filled party. All of our bouncy castle hire prices include local (within 20km from our base in Kumeu) delivery, set-up, and collection. No deposits are required to confirm your booking for a bouncy castle. Contact: Cindy on 021 119 2573, Visit our website: www.kumeubouncycastles.co.nz or email: kumeubouncycastles@gmail.com.

THE MATUA CHARITY GOLF DAY

The Matua Charity Golf Day was held at Helensville Golf Course last November. This was sponsored by Matua Wines and local businesses and was the 30th anniversary of the event. The occasion raised \$6,700 and recently the Muriwai First Response Group (MFRG) received a cheque for this amount. The picture shows Bill Spence, the Treasury Wine Estates Matua Ambassador, presenting the cheque to Russell Clarke, together with Gail Steel who organised the event. Russell expressed his gratitude for the donation on behalf of the MFRG and said it would benefit the Muriwai community and visitors to the area. They will use the donation to purchase a high fidelity CPR manikin. The manikin will provide a student with instant feedback on the effectiveness of their CPR. The latest research shows that good quality CPR and then early defibrillation is saving the lives of many people who suffer out-of-hospital cardiac arrests. The manikin and its technology will be available to all community groups within Muriwai, including the volunteer fire service, Muriwai Surf Life Saving Service and other Muriwai community-based groups.



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SAFER COMMUNITIES

Kumeu may consider adopting a community development team which works towards creating a safer community for everyone in the greater area. This is through supporting community led initiatives, understanding community needs and working with local and regional organisations. This could focus on a wide range of initiatives including family violence, safety, community connectedness and graffiti prevention.

Neighbourhood Support aims to make our homes, streets, neighbourhoods and communities safer and a more caring place in which to live. Part of any initiative is neighbourhood support groups which enable people to share information, ideas and insights. There are already groups within the area who welcome new members, as well as the option to encourage junior neighbourhood support programmes which are run out of schools.

Through the establishment of strong community networks and local connections, together our community can become more resilient in times of emergency, ensuring a safe environment for our children and those in need. Community development supports communities to develop preparedness plans and to be connected to their neighbours. For more information call 09 412 7756.

In an emergency dial 111.
For more information contact
Phone 09 412 7756.

Winter is certainly upon us now with rain, wind and cold weather so make sure you follow these fire-safety tips to help keep you and your family safe and warm.

Electric blankets - If your electric blanket or cord is showing any signs of wear, have it checked by a competent service person or have it replaced. Don't take the risk. Always make sure that your electric blanket is switched off before getting into bed. Never use pins or sharp objects to secure the electric blanket to the bed and never tuck it in under the bed. If the blanket becomes soiled, sponge it lightly and allow to dry naturally on a flat surface. Do not dry-clean or use a washing machine or spin dryer. When putting your electric blanket away for summer, don't fold it - roll it.

Heaters & clothes dryers - After kitchen fires, fires involving heating and drying are the next most common reason the Fire Service is called out. Remember the heater-metre rule - always keep furniture, curtains, clothes and children at least one metre away from heaters and fireplaces. Don't store objects on top of your heating appliance. Never cover heating appliances. Don't overload clothes dryers and clean the lint filter after each load cycle.

Keep safe

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LOCAL CYBER TALK

Let The Driving School do the hard work. Call Sylvia on 027 322 8961 for driving lessons or the defensive driving course www.thedriving-school.co.nz.

We are looking for a great chef and permanent part time waitress/barista for our catering business at the Muriwai Golf Club. Good hours and busy so great job security. If you are interested please email Shellyandjay@ihug.co.nz and include your contact details.

Baby male Guinea pigs for sale. Well handled by my children so will make wonderful pets. \$20.00 each or 2 for \$30.00.



You choose the massage you need / want; Deep tissue, trigger points, relaxation, full body, unwind & restore, legs & feet relief, Pregnancy. Gift Vouchers available, the perfect pampering gift for your loved one(s). I'm in the Riverhead / Kumeu area. Rosalind 021 169 3594.

The Lions Club of Helensville Autumn Book Fair, held at the end of May, was a great success - it raised just over \$9,400 and we would like to thank all those who supported us by purchasing books, you have many happy hours of reading ahead. We would also like to thank all those who donated books, without you we would have no Book Fair. We would like to thank members of the community who helped with the unpacking of books on Friday and packing up on Sunday afternoon, with special thanks to the students from Kaipara College, and the South Kaipara Youth group. The funds raised go into the Lions Club of Helensville Charitable Trust Account and will be used for those local organizations or members of our community who are in need of assistance. Our next Book Fair will be on 26th and 27th November - if anyone has any books to donate for this, small lots can be left at Copy & Print, Helensville, or we can collect larger lots.

Hey, guys selling my surfboard \$250 still in mint condition. 6'1x11" 18 1/4"x 14"x 2 1/4" Txt Rachel on 021 031 5621 for more details. Awesome board bought it at Christmas time, but not the board for me, boyfriend has surfed it a couple times and loved it. Really nimble board, really light and fast. Can strip wax before purchase if suits.



Finally a market in West Auckland to sell and buy pre-loved kids clothes and toys! If you have any good quality pre-loved kids clothing or toys to sell and would like to book a table please email regenerate@gmail.com for more information. Sunday, July 3 at 8 AM - 11 AM at the Titirangi War Memorial Hall.

Just coming back from the Le Petit Perigord café in Kumeu- very authentic French food and very recommended!

We have horse grazing available on Pomona Rd, Kumeu. Private or shared paddocks, services tailor-made to requirements including feeding out, (we can have feed and hay delivered if required) rug changes, stabling, etc. Float parking, lock-up feed and tack rooms, unlimited water, indoor and outdoor power all included. Very experienced on-site owners. Phone Nicola on 027 810 0821, or email ward-colman@icloud.com.

Kumeu Taxation Services is looking for a Senior Accountant to join our office. This is due

to a long standing staff member moving out of Auckland. Situated in central Kumeu makes for easy access rather than the long drive to town you might be doing at present. KTS has been in Kumeu for over 20years and has a large and growing client base. KTS uses MYOB AE software and has migrated most of its clients onto using banklink, MYOB essentials or Xero. If you are interested in looking at this role please email your CV to tony@kts.co.nz with reference of Staff.

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I provide a mobile tyre service; can come to you for your tractor, truck or bus tyre needs providing mobile tyre service 24/7. Contact Simon on 021 269 4242 or email fleettyrepro.ltd@outlook.co.nz.

Life Skills for Dogs Bronze - Basic Obedience & Owner Education. Next class is 9 July 2016 - Small Classes.. Book Now!! email:training@k9services.co.nz

We are starting to fill up our Christmas bookings fast! We have bookings available between now and then, but please don't leave it until the last minute (or day or week or even month) - especially if your pal is a "newbie". Waimauku Kennel Co phone 021 266 6370 or email emailus@runplaystay.co.nz.

Cosmetic Tattooing by Melissa Carr. Feathered brows, eyeliner, lips, nipple & areola simulation after breast reconstruction. If you would like any information please visit our website www.beautyelixir.co.nz or phone 021 187 2661.



IN BRIEF

UPDATES:EVENTS

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A TASTE OF HUNGARY IN HUAPAI

After seven years of festivals around New Zealand and markets around Auckland we have



decided to bring our authentic Hungarian food to our community: Huapai. Our traditional Hungarian fried bread "Langosh" is the most beloved street food of Central Europe. Langosh is quickly fried in shallow oil and finished with different toppings such as feta and tomato, chorizo and cheese, and our all-time Hungarian favorite garlic, sour cream and cheese. The flavour and consistency comes from the dough which is freshly made every morning. Fresh dough is the key for our Hungarian twister "Kurtoskalacs" the unique Transylvanian sweet pastry. The origin of the twister goes back

200 years. Our pastry is baked in a special oven and the 3-way process involves caramelising the sugar, baking and rolling it in any of the 9 flavours. Using my grandma's recipe keeps my family traditions alive. You can find me in my food caravan at the car wash beside on the Main Road in Kumeu. Opening hours: Tuesday to Thursday 9.30am -3.30pm, Friday 9.30am - 7.30pm and Saturday 9am - 3pm. You can order your takeaway on 022 162 1792. Our Facebook page is: Hungarian fried bread in Huapai. Hope to see you soon! Monika.

DRIVING LESSONS OUT WEST

Winter is on its way. If you want to be legally licensed before the cold months arrive and you have to walk in the rain, it would be good to consider driving lessons before the cold starts. Testing station waiting lists for tests are slowly starting to fill up. We still have nice days to drive on and a little bit of drizzle is good to practise in to before you consider sitting the New Zealand Restricted test. If you are an unconfident driver we have dual control brakes in our car to help increase your safety, this is really good when your first start to drive. The Driving School Co NZ runs lessons for Learner, Restricted and Full Licensed drivers. We also run lessons for overseas licence conversion. We operate at the testing locations of Westgate, Glenfield and Northshore test (Saturn Place). We can provide manual and automatic lessons. If have any queries please phone Mel on 022 093 1810 or 09 416 3953 (Hobsonville) or Sylvia 027 322 8961 or 09 420 2524.

BRIDGESTONE TYRE CENTRE KUMEU

Winter has really begun to set in and the changeable weather and difficult driving conditions can play havoc with your tyres, the Team at Bridgestone Tyre Centre Kumeu have over 20 years' experience

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and have some tips for you. Tyres lose pressure as the temperature drops e.g. a tyre with a 29psi pressure at 20 C may only have a 26psi pressure at 0 C, so try to check the tyre pressures once a month during winter especially on our more rural roads, we offer free pressure checks at 43 Main Road, Kumeu (opposite Z). If you are travelling to the snow these school holidays...

1 - Pop in to see us we will check your tyres for you (free) - we do recommend a minimum 2/3mm tread in the winter to keep you and your family safe on the journey.

2 - Identify your emergency people on your mobile phone by putting these three letters ICE (in case of emergency) before their names.

3 - As well as checking your tyres, check your fluids - try to have half a tank of fuel to avoid a frozen fuel line, top up your oil and water and fill up your window wiper fluid, there is nothing worse than running out on a long journey! Safe travelling this winter - call Johnny and the team on 09 4129111 or call to see us at 43 Main Road, Kumeu, we are happy to help.

KIP MCGRATH EDUCATION CENTRES

At Kip McGrath, we support students in many ways - not only academically but also in their general approach to the challenges of modern education. By giving them confidence in their own ability and encouraging them to develop their strengths even further, our teachers provide professional support which complements the work of the schools.

This support is especially important at those crucial times when students move from one level to another in the education system.

The transition to High School - For the almost teens, making that jump from intermediate to high school can be a big deal. If the family works together it can mean a lot less stress all round.

Your kids will probably be experiencing a

mixture of emotions ranging from excitement to a sense of loss and even fear. The move from intermediate to high school is confusing in many ways. Kids have to deal with both endings and sadness while at the same time anticipating new beginnings. This may include feelings of excitement and nervous anticipation. Old friends may be left behind and the fear of the unknown looms ahead.

Even for well-adjusted children this can be a daunting experience. If your child is struggling in other ways due to family disruption, moving to a new location, falling behind in their school work or other problems, the thought of all the change involved with high school can be daunting. However, there is plenty you can do to make this a positive experience for your child.

- Do some research yourself so you can understand the emotions your pre-teen may be experiencing.
- Remember, kids don't always know how to express their feelings, they may act out in other ways instead of talking about how they are feeling
- Put yourself in their shoes - think back to your first day at high school.
- Make sure they are confident in their school work. It's important that reading and maths skills are up to standard before they enter high school
- Ensure you are ready as a family - take care of the practical things such as uniforms, books and school bags.
- Be patient! It may take time for your pre-teen to adjust to their new environment.

WAIMAUKU ADVENTURE PLAYGROUND

A start has been made on fundraising for the new playground off Freshfields Road in Waimauku. Waimauku Lions have set up a Give a Little page (givealittle.co.nz/cause/waimauku-playground), and they will match every dollar donated. Local businesses are also being approached. Any individual, family or business donating a significant amount, can have

a plaque on a dedicated area of the playground. The community is right behind this project. Due to this support, Waimauku Lions have been able to put together a plan which includes shaded areas and seating. Please support this fantastic project, visit the give a little page and donate today.

KUMEU MONTESSORI

Kumeu Montessori provides the perfect starting point for your child. The daily programme is designed to spark each child's sense of wonder, encourage children to think creatively, empower children to reach their potential, inspire children to think big and prepare children for school.

The centre emphasises learning through doing - teaching through touch, learning through experimenting. Children have endless opportunity for hands on, self-directed learning at Kumeu Montessori Preschool and an incredible range of equipment provides learning for all levels and interests, from the simple to the complex.

Rody O'Reilly (owner, and a teacher at the preschool) says that the teaching team focus on the key behaviours and dispositions needed to be successful in the modern world, including knowing how to question and problem solve, think flexibly, manage oneself, listen with understanding and empathy, to create and innovate and more!

A typical day is more structured than a free-play environment, less structured than a primary school, and a wonderful combination of learning, adventure and play. Two learning sessions provide uninterrupted blocks of time for children to discover new concepts, problem-solve and explore fresh ideas, allowing them to make connections between different areas of knowledge and to incorporate their creativity into learning.



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Tony Boyd
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Waimauku Kindergarten
Northern Auckland Kindergarten Associator

18 Freshfields Road,
Waimauku, Auckland 0842
Ph: 09 411 8890 Fax: 09 411 5200
waimauku@naka.co.nz

We run a planned interactive educational programme based on Te Whaariki Early Childhood Curriculum; with 4 qualified teachers and a ratio of 1-10.

Waimauku Kindergarten operates a Kindergarten day model. Our session times are either 4 hour mornings or 6 hour days or a mixture of both. We are part of the government's 20 ECE hours funding scheme.

**Our Hours: 8.30-2.30pm Monday to Thursday
8.30-12.45pm Friday**

*You are welcome to come and visit us and see our programme in action—also check us out on Facebook
<https://www.facebook.com/pages/Waimauku-Kindergarten/306950549331812>*

COLOURING AT THE KAUKAPAKAPA LIBRARY

Sunday 17 July 10am to 1pm. Join us in the historic Kaukapakapa Library for a calming and relaxing Sunday morning colouring session. Colouring sheets and pencils provided or bring your own. Come along and get creative, adults and children welcome. A great school holiday activity. The Library hosts a series of exhibitions, book signings and book readings, artists and poets on the third Sunday of the month in conjunction with the Kaukapakapa Village Market. For more information go to www.facebook.com/kaukapakapavillagemarket or contact Sarah phone 027 483 1542 or email sarah1@maxnet.co.nz. 947 Kaipara Coast Highway, SH16, Kaukapakapa.



THE RIVERHEAD GALLERY TURNS 1

Come and join us on the 9th July to celebrate the gallery's first birthday. We will be having wine and cheese from 3pm 'til 5pm (gallery will be open normal hours from 11-5pm). We have plenty of lovely new works in the gallery including Silent Waters by Mandy Emerson. She is represented by galleries both here in NZ and Australia and won the "Signature Artist" award at the NZ Artshow in 2009. She was one of the first artists I know to use resin, which works perfectly with her vintage-like style. We also have new works by award winning Catherine Roberts, Rika Nagahata, Susan Edge and more. Opening hours for the gallery are Wed-Sun from 11-5pm or by appointment 027 227 8450. 1044 Coatesville-Riverhead Hwy, (opposite Riverhead dairy).

SENIORNET KUMEU

The speaker for SeniorNet Kumeu's monthly seminar at St Chad's Hall on Monday July 4th will be John Green, who since retirement, declaring himself an Amateur Wood turner, will pass on his experience of what he has created and achieved since taking up this great and interesting past-time. Bring a friend along, to enjoy finding out about a very popular pastime for a lot of Seniors. Last month Sylvia Durrant the Bird Rescue lady held us spellbound while showing us her little bird with the broken foot and the small hammock like sling Sylvia designed, to hold this young bird suspended, so he could move without putting strain on the damaged leg. Also the way she handled the very large Black Petrel which had been bought to her the night before. The tourniquet Sylvia quickly had to apply to this bird's large wing that suddenly spurting blood when the bruise

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(5th dan black belt)
09 412 9768 or
julia@bwainsolvency.co.nz



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on his wing burst. Quick thinking, and all was under control. An amazing lady who dedicates her time and energy to help these needy animals. Mark your calendar for August 3rd as our speaker will be Patricia Donovan "Life & Technology Through the Ages" - Sharing an incredible life with late husband Don Donovan, writer, and illustrator. Entry is \$3. Everyone is invited, not just Members, Monday 4th July - St Chads Hall, Huapai, pop in just before 10am, free coffee/tea & Biscuit, Raffles (plural) \$2 for 1 or \$5 for 3. (Remember each month we alternate on Mondays & Wednesdays). Welcome to the new people who joined our Club. Annual joining fee is \$20. Contact Joan 09 416 7172 or Jenny 09 412 7645.

HEALTH & SAFETY – ARE YOU COMPLIANT?

We all know that health and safety in the workplace is not a new thing but the new Health and Safety at Work Act 2015 (HSWA), effective 4th April 2016 has made people sit up and take notice due to hefty fines and the risk of imprisonment for failure to comply with health and safety duties. Everyone should think about safety in their workplace even employees in an office environment can be injured and you should review your business by asking yourself – Is there a H&S Policy in place? What should we do in an emergency? Are our employees given an induction when they start? Do we have a list of all the risks on site can cause an injury or illness? We can assist you with services to establish health and safety procedures to provide protection for your employees or visitors. Phone 09 837 1140 or email healthandsafety@losslink.net.nz or visit us at Unit 1/3 Shamrock Drive, Kumeu, Auckland.

BRIGHTENING UP THE LIVES OF OTHERS

Large colourful and detailed murals have been painted on the walls in the dementia care area of Kumeu Village Rest Home. The idea was to create a friendly and fun atmosphere for the residents and their families. Local muralist/artist/graphic designer Andreena Buckton, was excited by the task. "I love to paint on a large scale and I found it interesting and rewarding hanging out in the hallways with the residents while trying to create a more homely feel". Murals are a great way to create an atmosphere and they give people something to talk about and hopefully make them smile as well. To contact Andreena and see if she can create something for you to smile about email andreena@noodledesign.co.nz or phone 027 486 4072.



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PROPERTY

NEWS & ADVICE

MARKET REPORT WITH GRAHAM

July heralds the downhill slope toward Christmas and the reality will soon dawn that you have about four months of selling before 2016 comes to an end. Therefore if you are thinking about a change in your real estate position it may be the best time to start thinking, talking and planning. Strong interest in property from a broad cross section of investors, families, upsizers and downsizers. Although banks are taking steps to further restrict borrowing outside the risk envelope there seems to be no letup in the ability for syndicates to gather offshore funds to procure property that will be subject to subdivision or a favourable rental return. Let's consider the markets:

Coatesville lifestyle from \$1,560,000 to \$3,250,000.
 Helensville lifestyle from \$935,000 to \$1,025,000. Helensville residential from \$369,000 to \$750,000.
 Huapai and Kumeu lifestyle from \$1,950,000 to \$3,000,000. Huapai and Kumeu residential from \$725,000 to \$1,075,000.
 Muriwai lifestyle at \$2,275,000. Muriwai residential from \$730,000 to \$1,267,000.
 Parakai residential from \$475,000 to \$485,000.
 Riverhead residential from \$960,000 to \$1,295,000.
 Taupaki lifestyle at \$3,720,000.
 Waimauku lifestyle from \$1,100,000 to \$1,315,000. Waimauku residential from \$698,500 to \$1,305,000.
 Waitakere residential at \$677,000.
 Whenuapai residential from \$1,300,000 to \$1,790,000.

Woodhill lifestyle at \$4,400,000. Great news is that Mike Pero Real Estate has an exceptional multimedia marketing programme including television exposure, magazine exposure, and signage at no cost. Further to this we have exclusive TradeMe special offers and digital upgrades to ensure you get the very biggest marketing exposure, with a very sensible commission rate. See more at www.grahamcintyre.co.nz or phone us directly on 0800 900 700. Mike Pero Real Estate Kumeu - It's not about the talk, it's walking the talk. Licensed REAA (2008).

MONEY MATTERS

New lending policies affecting ex pat Kiwis, offshore residents and investment property buyers are being rolled out. Restrictions on income and equity contributions are being implemented as we speak.

Media speculation about changes in the New Zealand Banking system impacting the above categories of lending is rife.

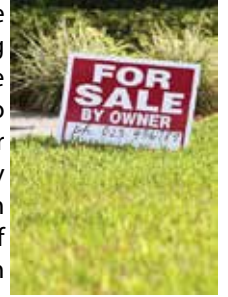
In the last few weeks we have received notification about policy changes impacting borrowing almost every day.

There is now a huge variance between what one lender will offer versus another. An experienced Mortgage Advisor can provide you with all the options and the best solutions, without you spending your time shopping around all the banks. Call us for a no obligation and confidential chat about your lending needs.

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POSSIBLE PRIVATE SALE PITFALLS

Selling your home can be a daunting task – and even more so for those who decide to sell their home privately. Many people feel they can save thousands of dollars in commission by selling their home



privately however there are some careful considerations that should be taken into account before deciding to take the plunge.

Saving Money or Losing Profits?

People tend to lean towards selling privately in a bid to save thousands of dollars and while you won't be paying commission to an agent, you need to ask yourself if you will be making money. It's an agent's job to secure you a premium price – not the first price, and by selling privately, you could fall into the trap of under-pricing or over-pricing your home and having it go stale on the market for a long period of time.

Make the Most of Marketing

Often people believe that real estate agents place precedence on selling their profile as opposed to your home, however, the use of industry marketing tools can make a big difference in terms of the amount of enquiries you receive.

Those who decide to sell privately can create their own signboard however a well-recognised, branded sign will be easily identified by prospective purchasers and act as an instant port of call for those who want to make enquiries.

Similarly, anyone is able to list their home on Trade Me, however the benefit of selling through a licensed real estate agent means you will also be listed on their company website e.g. mikepero.com and realestate.co.nz - a popular domain for house hunters that only lists homes sold by licensed salespeople. The Property Press is yet another example of the mar-



David Lloyd
Director

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keting that is available to you when you sell through an agent, as is the ability to utilise your agent's extensive database of buyers which can instantly promote your property to a larger pool of buyers.

Negotiation Know-How

Negotiation is a part of real estate that many private sellers may need to undertake – would you feel comfortable negotiating the price of your home and do you think a buyer would be comfortable negotiating directly with the owner of the home who in many cases would be naturally viewed as biased?

These are just a few of the considerations that you will need to think about before looking to market your own property.

Real estate agents are here to assist you in the process of selling, what in many cases, is your biggest asset and you shouldn't put a price on the knowledge, skills and marketing that you can utilise by working with an agent. Mike Pero Real Estate, phone 0800 900 700. Licensed REAA (2008).

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We are a family owned and operated company based in Auckland. With over 15 years' experience in the industry, we have all your needs covered.

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Re-roofing your home or business will usually take about a week, depending on the size of your property. We can install insulation when re-roofing, saving you time and money.

If your Colour steel roof is needing a repair, we can send an expert out to provide advice, a solution and a quote.

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METHODS OF SELLING YOUR PROPERTY EXPLAINED

Auction - An auction is a process at which buyers bid against each other. Once the reserve price is reached, the highest bidder becomes the successful buyer.

The auction process creates a sense of urgency and a feeling of competition between potential unconditional cash buyers.

There are many factors that influence the result of an auction including how buoyant the property market is at the time, how well similar properties are selling in the area, and how popular your specific property is. Hence selling this way does not always guarantee a sale on auction day.

Advantages of Auction are you know the bidders will have finances, builders report, or any other due diligence already arranged.

During the auction when the hammer falls and the reserve is met the property is sold unconditionally.

Disadvantages of Auction is that you limit your market to unconditional buyers only in today's buoyant market with houses selling in a reasonably short time there is traditionally a much higher percentage of conditional buyers.

Potential bidders will need to spend money before hand on builder's reports and any other due diligence requirements with the possibility they will not be the successful bidder on the day.

Not everybody is comfortable with the competitive nature of the bidding process.

Tender - Buying at tender means the property is being sold without a listed price and buyers have a deadline by which to submit their offer.

The benefit the vendor of this method is less stress than an auction and the buyers are encouraged to put in a one and only best offer.

The benefit to the buyers is they are able to make a conditional or unconditional offer, and any conditions can form part of the agreement.

Buyers should ask the selling agent about the property and the tender process and ask for stats of properties that have sold within the area recently as well as local information about the area if you are unfamiliar.

Before submitting tender it would be advisable to seek legal advice regarding the LIM certificate of title and tender document, also discuss any conditions you may want to include.

You must submit your tender by the deadline date.

The cleaner the offer the more attractive this will be to the vendor. This means a buyer who presents an unconditional offer may be favored over someone who presents an offer of a similar amounts but with conditions applied.

You would also need to be aware there are other potential buyers so you would need to be happy you have put your absolute best offer forward that way if you are outbid you would have no regrets.

Once the deadline has lapsed the agent will take all tender offers to the vendor who then make their decision.

For further information on this or any further real estate queries please contact Ian Sneddon at Mike Pero Real Estate Kumeu phone 027 209 0789.



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AREA PROPERTY STATS

Every month Mike Pero Kumeu assembles a comprehensive spreadsheet of all the recent sales in the area that reviews the full range of Residential and Lifestyle transactions that have occurred. If you would like to receive this full summary please email the word "full statistics" to kumeu@mikepero.com. **This service is free from cost.**

Suburb	CV	Land Area	Floor Area	Sale Price
Coatesville	2,550,000	1ha	374m2	3,250,000
	1,425,000	2ha	316m2	1,585,000
	925,000	2.1ha	425m2	3,225,000
	2,375,000	3.2ha	480m2	2,900,000
Helensville	400,000	1104m2	100m2	637,500
	540,000	4320m2	189m2	750,000
	430,000	813m2	90m2	529,000
	490,000	455m2	150m2	555,000
	435,000	1214m2	150m2	369,000
	345,000	300m2	140m2	440,000
Huapai	540,000	2453m2	190m2	725,000
	1,000,000	680m2	216m2	1,125,000
	370,000	614m2	224m2	1,075,000
	365,000	517m2	180m2	920,000
Kumeu	1,200,000	19431m2	307m2	1,580,000
	840,000	4.8ha	184m2	1,250,000
	710,000	620m2	210m2	852,000
	2,015,000	2.3ha	2865m2	2,900,000
	1,350,000	1ha	365m2	2,050,000
	1,390,000	40470m2	80m2	1,900,000
	1,395,000	1ha	250m2	2,475,000
	1,225,000	1ha	230m2	1,950,000
	1,200,000	1.9ha	1120m2	2,200,000
	1,150,000	4ha	260m2	1,600,000
	1,650,000	4.7ha	210m2	1,950,000
	1,250,000	1.2ha	261m2	1,701,000
2,300,000	5.2ha	392m2	3,000,000	
Muriwai	630,000	1612m2	80m2	730,000
	770,000	8100m2	173m2	1,267,000
	950,000	2570m2	215m2	1,200,000
	1,425,000	1.6ha	296m2	2,275,000
Riverhead	830,000	600m2	207m2	960,000
	850,000	601m2	205m2	1,088,000
	780,000	806m2	198m2	1,030,000
	440,000	846m2	226m2	1,295,000
Taupaki	2,000,000	5.8ha	507m2	3,720,000
Waimauku	540,000	2160m2	120m2	698,500
	580,000	1222m2	110m2	800,000
	620,000	2795m2	130m2	699,000
	720,000	1235m2	240m2	1,000,000
	960,000	1604m2	253m2	1,305,000
	920,000	1.9ha	218m2	1,315,000
	775,000	1.6ha	70m2	1,100,000
Waitakere	480,000	809m2	90m2	677,000
Whenuapai	1,000,000	4269m2	187m2	1,765,000
	785,000	2934m2	90m2	1,300,000
	965,000	4980m2	143m2	1,790,000
Woodhill	3,775,000	18.1ha	859m2	4,400,000

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Disclaimer: These sales figures have been provided by a third party and although all care is taken to ensure the information is accurate some figures could have been mis-interpreted on compilation. Furthermore these figures are recent sales over the past 30 days from all agents in the area.

"We had been thinking about selling our house and by chance clicked on one of your ads while surfing the net. From there on the process was a breeze. We had a visit from the very personable Graham McIntyre from your Kumeu/Hobsonville branch. Graham was supremely organised, knowledgeable and best of all, fun to deal with. He gave us advice on the best way to present our home and after 2 open homes we had multiple offers on the table. He really took the stress of selling a home away and made it a pleasure. Thanks! Once again thanks, you've all be a pleasure to deal with." Anna & Yaman



AFFORDABLE DO UP IN SOUGHT AFTER INNER HARBOUR LOCATION 2 1 1

Set Date of Sale

1 / 351 Royal Road, Massey

Set Date of Sale - 5pm, Tuesday 5th July 2016 (unless brought forward).

Sunny 2 bedroom solid masonry home located at the quiet, no exit end of Royal Road but just a few minutes' drive to motorway access ramps. Situated in a private and tranquil setting down a right of way, this liveable do up is a unique proposition for first home buyers and astute investors looking to add value to an entry level priced Auckland property in a great neighbourhood. Generous sized open plan lounge, dining and kitchen, two double bedrooms and separate laundry. Easy care garden with scope to further landscape. Single car garage and off street parking. The CV on this property is \$330,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email susan.annett@mikepero.com.



Susan Annett
021 345 788
09 412 9602

susan.annett@mikepero.com

www.mikepero.com/RX820272

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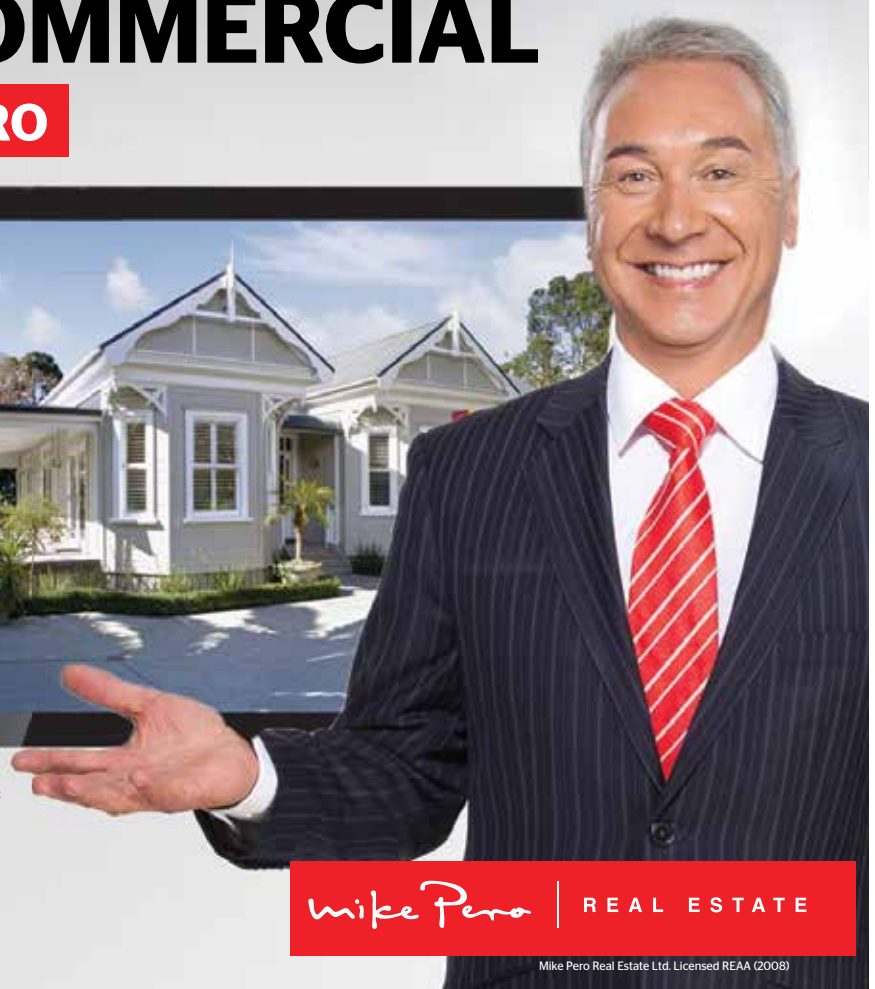
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0800 500 123
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Mike Pero REAL ESTATE



SIX BIG ROOMS, DELIVERING OPTIONS - NEAR WESTGATE 6  1  1 

Enquiries Over \$849,000

29 Elizabeth Drive, West Harbour
Enquiries Over \$849,000

Set on 795 square meters of land overlooking Midgley reserve, this two level home certainly delivers an extensive opportunity for an investor, big family or extended family. With extensive decking off the lounge the home is certainly not short of alfresco options while a fully fenced back yard delivers security for pets and children. Open plan living with easy flow to rooms and bathroom. Set well back off the road, it enjoys significant sunshine and privacy. The home is a short stroll from West Harbour Primary, Parks, Reserves, Transport links and Westgate and Northwest shopping environments. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX795859



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



KUMEU/ TAUPAKI BUFFER - QUIET AND SO LITTLE TRAFFIC 2  2  1 

Enquiries Over \$1,029,000

295 Annandale Road, Taupaki
Enquiries Over \$1,029,000

Resting high upon a north facing gentle slope is 1 hectare with mature paddocks, fenced for sheep grazing and a small orchard and gardens too. With elevated rural views it is open to a creative mind that can see the value in having a place to live. Like-wise this cedar clad homestead oozes cosy, cute and comfortable and would deliver "the good life" to a buyer content to have sunrises, chickens and green fingers. A short drive from Taupaki and Kumeu, away from congested roads, but close enough to have a short drive to shopping, school and park. It just makes really good sense. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX791622



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



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 By Negotiation
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www.mikepero.com/RX793380



Lyndsay Kerr
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Lyndsay has an in-depth knowledge of the building industry and lifestyle market. Owning farms in both Australia and New Zealand, Lyndsay provides a clear and considered marketing and value opinion.

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www.mikepero.com





ABSOLUTE MURIWAI CLIFF TOP: RENOVATE OR REMOVE

2 1

Set Date of Sale

9 Ngatira Road, Muriwai

Set Date of Sale - 5pm, Monday 11th July 2016 (unless brought forward).

This large 1552 square meter section leads down to the Muriwai cliff top with viewing areas in place overlooking Oaia Island. The property features a 60 square meter two bedroom home moved on to the site in the 1980s, in need of some renovation or a great building site for that dream home. Nestled in one of Muriwai's most exclusive cul de sacs with views overlooking the Tasman Sea. Listen to the sound of the ocean and enjoy the amazing Muriwai sunset from your own cliff top location. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email ian.sneddon@mikepero.com.



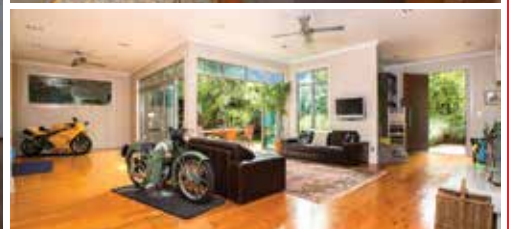
Ian Sneddon
027 209 0789
09 412 9602

ian.sneddon@mikepero.com

www.mikepero.com/RX823229

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WAIMAUKU - PEACE AND TRANQUILITY

2 4 1

By Negotiation

126 Hinau Road, Waimauku

By Negotiation

North facing home in elevated bush setting. Currently set up as a two bedroom but if required an easy conversion to three bedrooms can be achieved, with walk in wardrobe and own toilet with options for an ensuite. Single level, high stud, weatherboard home with open plan styling and modern designer kitchen opening on to tranquil north facing decks with flowing water fish ponds. Six car garaging with workshop and an abundance of extra parking. Close to Waimauku shops and school only minutes away to Muriwai beach and Woodhill forest and 20 minutes to new north western shopping centre this has to be the best country living around. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email ian.sneddon@mikepero.com.



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Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com

www.mikepero.com/RX687775

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RURAL FAMILY HOME

3 2 2

By Negotiation

364 Taupaki Road, Taupaki
By Negotiation

Representing great value this three bedroom plus office is nestled on 1224 square meter section with stunning sunny rural views. The property consists of three double bedrooms master with ensuite and walk in wardrobe. Large separate lounge area, wood burning fire with open plan kitchen and dining opening on to an extensive decking areas. Laundry is separate and there is also a small office. Boasting a large fully fenced in ground solar heated swimming pool off the decking area what more would the family want. Double garage with workshop and separate driveway. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email ian.sneddon@mikepero.com.



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Ian Sneddon

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ian.sneddon@mikepero.com
Office Location: 327 Main Road, Kumeu
www.mikepero.com





James and I are very impressed with the service and market knowledge provided by Graham McIntyre during the marketing and sale of our home in West Harbour. We initially made contact with Mike Pero through an appraisal request via the Mike Pero website. We were contacted in person the same day of the request and Graham subsequently provided a well-considered and professional appraisal. Following that we knew we wanted to work with Graham and the Mike Pero team when the time came to sell. Graham had consistently good numbers through the door during open homes, always followed up with potential buyers and always provided honest feedback soon after. Graham's experience and knowledge of the market is definitely the reason we received top dollar for our house. We contemplated several offers that were, in our opinion, on the 'lowside' and we never once felt any pressure to accept any offer that we were not completely happy with. We have now accepted and gone unconditional with an offer we are more than happy with and Graham even had a really good back up offer on the table in the case the other offer fell through. Thanks for making the sale of our house a great experience.

Carmen & James

West Harbour



Graham McIntyre

027 632 0421 | 0800 900 700
graham.mcintyre@mikepero.com

Mike Pero | REAL ESTATE

0800 900 700
grahammcintyre.co.nz

Mike Pero Real Estate Ltd Licensed REAA (2008)



MUST BE SOLD - 2 HECTARES, BIG BARN, CHARACTER IN COATESVILLE

4 1 2

By Negotiation

557 Ridge Road, Coatesville
By Negotiation

Idyllic setting, this 1920's old charming bungalow has character, presence and delivers a relaxed and social environment. Outdoor living flow steps out to extensive entertainment decking to the north-west, to enjoy the sun but provide shelter from the wind. Four bedrooms, two bathrooms (one traditional and elegant), integrated kitchen/ dining that makes the most of the space and the view. In addition the property also has a large 150 sqm barn that provides extra space and options for workshop projects, storage or stables. The CV on this property is \$1,100,000. We are happy to supply a list of the last 12 months of transactions in this area. For a complete transaction list please email graham.mcintyre@mikepero.com.

www.mikepero.com/RX649015



Graham McIntyre
027 632 0421
09 412 9602

graham.mcintyre@mikepero.com



PLENTIFUL VIEWS, CONTEMPORARY LIVING, GARDENS GALORE

3 2 4

By Negotiation

429 Kiwitahi Road, Helensville
By Negotiation

Set on 1.4 hectares of unequalled and established plantings and garden, delivering enormous satisfaction to Owners and Guests alike. The property has a large amphitheater, formal walks within a range of beautiful and unique backdrops. Well acclaimed through Garden tours and regional competitions this could be the foundation for your new Wedding Venue (subject to the necessary approval) or maybe it is the good life you crave with this clean crisp air and the beautiful clear water that is drawn from the private deep water bore. The house was a finalist in House of the Year with Maddren Homes and offers a contemporary open living environment. The CV on this property is \$1,075,000. Please email graham.mcintyre@mikepero.com for recent sales in the area.

www.mikepero.com/RX797080



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027 632 0421
09 412 9602

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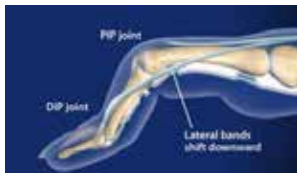
HEALTH AND BEAUTY

SPORTS MASSAGE THERAPY

Sports massage therapy is geared toward athletes of every kind, from elite professionals to weekend warriors. The techniques are specific to the athlete's sport of choice with the focus being on areas of the body that are overused and stressed from repetitive and often aggressive movements. Sports massage can be a useful component in a balanced training program; it can be used as a means to enhance pre-event preparation and reduce recovery time for maximum performance during training or after an event. It aids in promoting flexibility, reducing fatigue, improving endurance, prevention of injuries and prepares an athlete's body and mind for optimal performance. Massage also helps recovery from soft tissue injuries such as sprains and strains. Tissue growth and repair is accelerated by efficient circulation and appropriate stimulation. For anyone participating in regular physical activity, sports massage may be a great addition to your normal training program. To book an appointment call Debbie from Body-Balance Massage & Neuromuscular Therapy on 021 120 2175.

WINTER SPORTS AND FINGER INJURIES

Winter sports are underway and with them come the annual influx of finger injuries. Whether it be a finger versus ball at netball/basketball or a finger dislocation at rugby these need specialised care. At the Hand Institute we assess and make a diagnosis from our specialised knowledge. We can refer for x-rays or an ultra sound if required. If there is strain, sprain or fracture we manage all of these conditions. We provide management with strapping, splinting and early exercises to ensure the finger recovers to allow full return to sport. Often if fingers are not correctly managed in the early stages these will go on to form a long term deformity that may limit sport or even your professional career. Book an appointment today - phone 09 412 8558 or 09 444 9450. 8A Shamrock Drive, Kumeu.




THE FINISHING TOUCH

It has been said that moving is the third most stressful event in people's lives, after death and divorce. It doesn't have to be. Let us remove the stress for you. The Finishing Touch is the preferred supplier of unpacking services to New Zealand's leading moving companies. We have unpacked thousands of people since our inception in 1998. We have recently done packs in Hobsonville Point and Kumeu. We are a family business, owned and operated by Vanessa and Julanne Godbaz. Our many happy clients will attest to the friendly, professional service that we supply. The services we provide include packing your household goods ready for moving (service available Auckland only); unpacking – making your new house into a comfortable home in just one day; and home organising – tidying cupboards and wardrobes. For details please call 09 277 4921, Freephone 0800 286 722 or email vanessa@movingnz.co.nz. Please note that we are not a removal company but can provide details of one of our moving company partners. If you would like to get fit, have fun, make new friends, earn some money, and maintain a balanced lifestyle.... all at once, you might be interested in working as a part-time Finishing Touch employee. Please see details on our website at <http://www.movingnz.co.nz>.



KUMEU PHYSIO

The old foot is moving on and the older foot has taken over. Joking aside I bought the practice from Ann Bennett on the 1st of April and although Ann is still working here part time while I look for another staff member, she will be leaving the area in the future. She is not quite sure what she will turn her hand to next but we will miss her when she's gone. Otherwise the team remains intact with Diane Bray Taylor as practice manager/receptionist and Lynda Atkinson working two afternoons a week. We also have a Massage Therapist, Mellissa Aarsen who works out of the practice two mornings but appointments are made through her contact details only (021 027 28627). I have been working at Kumeu Physio for 19 years now and prior to that had my own practice in Ellerslie from 1981 to 1996 so you could say that I'm an experienced physiotherapist. For those of you who do not know me, I hold a postgraduate Diploma of Manipulative Therapy which teaches advanced techniques in the diagnosis and treatment of musculoskeletal conditions. I also have a diploma in acupuncture. We all are trained in acupuncture as we find it a good adjunct to our physiotherapy modalities. For those of you who hate needles please understand all treat-



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ments are done with your consent. I have pride in this clinic offering the best treatment and advice on your health condition that we can provide and if we are unable to sort your problem we are happy to refer for further opinion from specialists. I have no plans to leave this wonderful area as I love the community and hope to be looking after your aches and pains for many more years and also hope to be passing on some of my knowledge to those starting their careers.

WHAT IS YOUR POSTURE LIKE?

There are a variety of causes of poor posture, the most common being, desk work, lack of movement and the frequent use of computers, phones and tablets (which we are all so guilty of doing). Poor posture can cause many problems including: aches and pains, headaches, muscle fatigue, poor circulation, joint degeneration, digestive problems, poor breathing mechanics, spinal problems, poor postural habits (such as rounded shoulders and forward head posture) that can haunt you life-long. Good posture is important not only in adults but is vital in growing children. Who has children who are constantly hunching over iPad's or slouching on the couch? As we sit more and more in our daily lives, now is the perfect time to get your and your child's posture sorted to prevent long term problems developing. At the Body Clinic, we can assess your posture, treat the cause of the problem and give stretches that can help. We can also advise on ergonomics. If you need more advice or information please contact The Body Clinic 09 320 3803, info@thebodyclinic.co.nz or visit www.thebodyclinic.co.nz.

CARING FOR YOUR HAIR WHILE TRAVELING

Raise your hand if you want to deal with hair care while traveling? No one? Ok, in that case, we are going to break it down in plain terms how to take care of your hair without wasting time, spending too much money or carrying around too many products and accessories. This article is admittedly more geared towards our female readers, but guys can benefit, too. Research the climate of your destination - Knowing the climate of your destination is half the hair care battle. If you are going somewhere that is hot and humid, you will want to bring a hair care product that helps cut down on frizziness. If you are going to a drier destination, you won't need to worry about frizzy hair, but you may want to bring along a shampoo and/or conditioner that moisturises. Keep it simple - If you have a complicated hair care routine at home, look for ways that you can simplify it. This may involve using products that can do more than one thing at once. For example a serum will help to smooth out unruly hair while helping to condition it at the same time leaving the hair glossy and under control. It can also be beneficial when there

is no time to straighten out those curls with the hot irons, pop some through and go with the bouncy curly look. Wash your hair without water - What? Yes. There is such a thing as a "dry shampoo," and it can get the job done in a pinch. It is especially useful on those marathon travel days, which can quickly stretch from 24 hours to 48 and sometimes, much longer. It helps to remove oils and give volume on those days when washing it is not an option. Use small containers - Keep in mind that customs won't let you travel with more than 100ml of a liquid product in a single container. If you are a carry-on-only traveller, you can divide up your shampoo and other hair care products into 100ml bottles and pack them in a single ziplock bag. Problem solved. Pack accessories - Anything from a claw clip to a barrette can help keep your hair in line while travelling. A bandana can come in handy as well. Remember, travelling allows you to relax certain beauty routines. No one expects you to be done up when you go on that rainforest canopy walk. Take advantage of the low expectations. So sit back and enjoy that overseas holiday and don't stress about having uncontrollable hair. Zash Hair 021 814 663.

GENTLY STRENGTHENING YOGA IN KUMEU

There are about as many different kinds of yoga these days as you could possibly imagine. And even more photos in the media of people in scarily contortionist style postures. So much so that many people believe that that is what yoga IS- that you have to be able to achieve that in order to 'do' yoga. Or the flip side is that people have gone to classes where everyone is doing those postures and they decided that yoga was 'too hard' for them or perhaps even hurt themselves trying. Those are the people that Maree Delmar of Tree of Life Yoga in Huapai enjoys teaching most. "I want people to know that there is a yoga to suit everybody out there, if they wish to learn". Having experienced back pain and used a daily Yoga Therapy practice to heal it, she knows the importance of listening to your body and honouring where it is at during a yoga practice. "We move slowly and mindfully with the breath through the postures, creating a practice that is both soothing for the nervous system and strengthening for the body" she says of her 'Gently strengthening' general yoga class (7pm on Thursdays). "That's not to say we don't do anything challenging, because we do. We use both core strengthening and flexibility encouraging postures with body awareness, which can actually be more strengthening than moving through complicated postures very quickly. Each person is encouraged to practise at their own level and I try to give options to suit everyone in



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Auckland 0810
Ph/Fax (09) 412 5977
0212330413
gill.wiltshire@gmail.com

the group." And for those who have areas of pain or injury they would like to help heal and strengthen through yoga, or who feel a group class is not appropriate for them right now, she also offers private Yoga Therapy sessions and for Mums To Be there is pre-natal yoga (5.45pm on Thursdays). See www.treeoflifeyoga.co.nz or phone 021 022 93012 for more details.

HOLDING SPACE

Another way of understanding what psychotherapy is, is to call it 'Holding Space.' A psychotherapist can provide a place that is safe for you to freely be your entire self in. When we confide in family or friends, they often feel so strongly connected to us that they cannot bear their feelings, so they rush in to offer solutions, attempt to fix it, or sometimes they even just shut you down. A psychotherapist is willing to walk beside you in whatever journey you are on, without judging you, making you feel inadequate or trying to influence the outcome. Sometimes I 'hold' people who are 'holding' others. Whether you are the caretaker of an elderly parent, or an unwell spouse, or a challenging child, or in a position of responsibility in your work, having someone to share your story with helps you support others. To discuss whether psychotherapy may help you please feel free to telephone Sarah Hamilton on 021 477 523.

BRRRRR SCARF NEEDED

Hobsonville Optometrists-Glasses and Gifts is getting very well known for our wonderful selection of scarves - cotton, silk, velvet and woollen in gorgeous designs - and large pashminas in rich colours and patterns. And now our newly arrived fur throws and cotton and man-made fibre throws to keep you rugged up on chilly nights!! Come and browse anytime in our delightful shop in the Hobsonville



Village 413 Hobsonville Road, Hobsonville.

EASY TIPS FOR MOLDING SHOES TO YOUR FOOT SHAPE WITHOUT BREAKING YOUR FEET

Footwear that feels wonderful on your feet straight out of the box is the best type of footwear and this is what often happens however footwear often has to mould to your unique shape please note non leather products will not stretch. The following tips are also great if you are prone to blisters with new shoes.

- On day one, wear the shoes for 1 hour
- On day two, wear the shoes for 1-2 hours
- On day three, wear the shoes for 2-3 hours
- On day four, wear the shoes for 3-4 hours
- On day five, wear the shoes for 4-5 hours
- On day six, wear the shoes for 5-6 hours
- On day seven, wear the shoes for 6-7 hours
- On day eight you can wear the shoes continuously

And finally be aware, footwear will normally stretch 2-3mm in width and that is about it, so if the shoe is crushing your foot it will never stretch enough. Footwear also doesn't give in length.

DOES YOUR BABY ALWAYS START AT THE TOP OF THE BED AND END UP AT THE OTHER END BY MORNING?

Does your baby move around all the time in bed? Are they fidgety and move around in their beds? Do they start at one end and end up somewhere else in the bed or cot before long? Geopathic Stress vibrate at sometimes over 200 times stronger than what is needed or healthy for a human body so for a baby or child they react very quickly. If your child doesn't settle or wakes screaming or is unsettled in any way during the night after all other things have been checked (i.e. not hungry, not wet or has no messy nappy, and doesn't have wind), then there is a good chance that something else is irritating them. Perhaps Geopathic Stress? Simply have a check done on your home and find out. Call Nicky 021 545 299 or email nicky@clearenergyhomes.com to find out more, or check out the website www.clearenergyhomes.com.

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Feet Focus Podiatry treats many different problems associated with feet and the lower limbs. Problems with your feet can impact enormously on the way you move and ultimately how much you enjoy life. Common problems we treat are: Nails, corns, callus, Plantar Fasciitis, heel and arch pain, diabetic foot

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problems, Children's foot complaints, bunions, ingrown toe nails and foot injuries. So don't put up with your foot issues – give Linda a call or email today: Clinics in Kumeu and Helensville. Home visits by appointment. Phone 021 202 9883 or email feetfocusnz@gmail.com or visit www.feetfocus.nz. Linda Tulett BA, BHScPod, Registered Podiatrist, ACC accredited provider.

SPA TREATMENTS WITH SAUNA

Spa Di Vine is offering winter warming treatments, which include a session in their private Finnish Sauna, prior to enjoying a great massage or facial. The Finnish sauna culture is well-established all over the world, because warming up your muscles is de-stressing, relaxing and a great preparation for a body treatment or massage, but did you know sauna offers significant health benefits as well? Saunas flush toxins - One of the ways the human body removes toxins from the body is through sweat, this removes toxins the body may have absorbed in several ways. Saunas make the immune system stronger - Another one of the major benefits of sauna is that it helps to create a stronger immune system. Sauna sessions help produce white blood cells. The white blood cells of the body are its medium to fight infections. Saunas make hair look great - We have a special gland called the sebaceous gland on our scalp, which releases compounds that help condition and moisturise our hair. Spending some time in the sauna activates this gland, which will then release these useful compounds, thereby helping to make hair look great. Saunas make skin look great - The largest organ of your body, your skin also needs regular exercise and saunas are a great way to exercise skin. As we grow older, the skin becomes less elastic and as sauna improves blood flow to our skin, it stimulates new skin cells and helps to shed dead cells, giving us a younger appearance. Saunas help in weight loss - Sauna ther-

apy is a great way for weight loss, with minimal effort. During a sauna bath, the heart rate increases substantially due to the dry heat. The body's metabolism speeds up similar to the way it does from physical exercise and is therefore a great method to burn calories. Phone Spa Di Vine on 09 411 5290 or email us relax@spadivine.co.nz for information on treatments with sauna and packages. www.spadivine.co.nz.

PLANNING YOUR 2016 OR 2017 WEDDING?

We would love to help you out! Fresh & Flawless is makeup & beauty salon in Taupaki, owned and operated by Lauren. Lauren is a highly experienced makeup artist, specialising in wedding makeup. Lauren is also fully qualified in spray tanning, gel polish, hard gel extensions and an extensive range of nail art. We also have talented, fully mobile hair stylists & makeup artists on hand for larger weddings. We are passionate about makeup and making our clients look & feel their absolute best. We understand weddings can be very stressful but we will put you at ease, knowing that we have it under control. We recommend a trial to discuss what you're after and craft your perfect bridal hair & makeup. Feel free to ask any questions, we're happy to help! Contact Lauren on 021 206 3006 or have a look at our latest work www.freshandflawless.co.nz or [Facebook.com/fresh-flawless](https://www.facebook.com/fresh-flawless).



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Is your website suffering from low traffic, slow performance or not showing up on the search engines? If so it could be in need of a health check. Utopia offers a free service for this called a Website WOF that gives you a complete report on your website and how well it is performing. Regular website audits are extremely valuable to a successful, ongoing internet marketing strategy. With Utopia's Website WOF service we will assess your website and let you know what is preventing your site from getting good rankings on search engines. If your website operates at its optimum it will keep the visitors it attracts and will be a challenge to your competitors. Ironing out the kinks in your site will also make it more credible. You will be supplied with a comprehensive report with clear actions to improve your websites performance. The Website WOF will evaluate things like site architecture, usability, navigation and cognitive evaluation. We also assess the technology and programming on the website as well as how good your web-host and search engine optimisation are. To request the audit please contact us at Utopia on 09 412 2473 or michael@utopia.co.nz. We are based in Kumeu and provide website design, consultancy and app development to a range of businesses all over New Zealand.



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- Main meals & entertainment onboard

- Port charges, gratuities & government fees
- Singapore transfers
- 2 nights post cruise accommodation in Singapore
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TAX TIPS: RECORD KEEPING

Here at UHY Haines Norton Chartered Accountants we are often asked about the legalities of record keeping. Businesses are legally required to keep and be able to show financial records. Additionally, accurate record keeping can help your business to run smoothly. You can track business performance throughout the year by monitoring cash flow, budgets and profit. It will be quicker and easier to complete GST and tax returns. Accurate records make it easier to apply for finance, and for others to assess your entity for investment opportunities. You must keep business records for a minimum of seven years. This includes invoices, receipts, wage books, petty cash books, banking records, vehicle logbooks, asset registered and depreciation schedules. Keep receipts for all transactions – there is no minimum amount. All records must be in English unless otherwise permitted from the IRD. Remember to regularly back up any electronic records. If you use cloud computing to store your records you must be able to retrieve them for the IRD, either in hard or soft copy. If you're registered for GST your records must be clear enough to work out your GST liability. Finally, you must also keep additional records relating to



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the type of organisation you have, such as a partnership agreement, certificate of incorporation, trust deed and so on. Good record keeping can help reduce your accounting costs for year-end financial statements, and in the worse-case scenario of a tax audit can help that process to be quicker, easier and cheaper. Chartered Accountants Mark Foster and the UHY Haines Norton team are located at 329A Main Road, Kumeu. If you have accounting, tax or financial enquiries please phone them on 09 412 9853 or email kumeu@uhyhn.co.nz.

START ACHIEVING AT ANOTHER LEVEL

The great thing about coaching is that it takes someone from whatever level they are at and moves them forward. There is a reason that every sports team or individual has a coach. The sports arena is where the coaching concept first came about. A coach is simply someone looking in at what you are doing from a different angle. It is getting feedback and another perspective on your 'performance' that we ourselves are not able to see. So if it works in sport – then of course it works in life. Coaching is for anyone and everyone. At whatever stage in life you are at. Are you a high performer? Do you have a business that needs to step up a level, do you have an idea that you want to do something about? Do you want to better yourself in the world? Play a bigger role? Or perhaps feeling scrambled or unfocused? Coaching is not therapy. Coaching is an experience where you get to look at yourself from a different perspective – and this perspective is insightful and motivating. Steve Jobs said 'when you realise that the reality you live in was made up by a bunch of people no clever than you – then you can achieve anything'. As soon as I heard this quote I loved it. Our whole life is just a certain way of seeing and doing things and who knows.... may-

be there is another way and just maybe it will be good for us! For a session call Anna 021 555 658 or email anna@thinkyourbest.co.nz. I have a new and improved website now! Check out www.thinkyourbest.co.nz Sessions are about 2 hours. I see people in Riverhead.

KUMEU CHILDREN'S ART CLUB

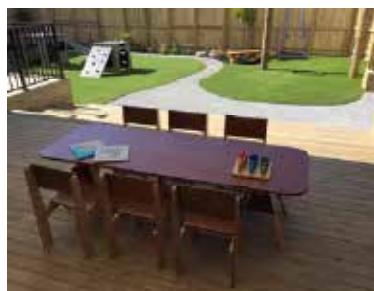
The Kumeu Children's Art Club, now in its 18th year has another exciting topic planned for Term 3. 'Colour My World' will explore the amazing world of colour. Children will learn the basics of colour theory, colour mixing and the use of complimentary colours, as well as how colours can affect our moods, make us hungry or soothe our eyes. The children will produce an array of colourful artwork inspired by the work of famous artists. We will study and emulate the paintings of Sonia Delaunay, Picasso's Blue Period, Van Gogh and Mark Rothko. We will create vibrant collages inspired by Matisse, and striking hand pulled prints like Terry Frost. Wednesday and Thursday classes available 3.30 – 5.30pm \$160 per term. Please contact Julie on 021 208 3714 or julimoselen@xtra.co.nz or find us on Facebook.

\$75 = EXPOSURE FOR A MONTH

Budgets are tight and advertising is often expensive, but it's nice to know that someone is making it easy and cost effective. For \$75 plus GST you can be exposed to over 22,000 locals for a whole month. That is only \$2.50 a day. For more information email our editor at sarabrightwell022@gmail.com.

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LOCAL BOTANICAL ARTIST TO BE SHOWCASED AT THE NZ ART SHOW 2016

Riverhead artist, Lesley Alexander, has been selected to exhibit in the 12th annual NZ Art Show at Wellington's TSB Arena from June 3-6, 2016. The show introduces emerging artists to the public and sells their work at affordable prices. Originally from the UK, Lesley has lived in Auckland with her Kiwi husband and three children for 12 years. She has always loved drawing and as a mature student, gained a 1st Class Honours degree in Graphic Design, specialising in Scientific Illustration from Middlesex University. With her nursing background, she quickly became involved in medical illustration. However, it was when she was commissioned to paint two Clematis for the covers of the British Clematis Journal, that she became enthralled with botanical illustration. In April last year, she completed the 'Diploma in Botanical Art', run by the Society of Botanical Artists in the UK and gained a Distinction. She is also a member of the Botanical Society of New Zealand (BASNZ) and the American Society of Botanical Artists (ASBA). Watercolour is her medium of choice as the transparent quality of watercolour. 'It allows me' she says 'to add many layers of glazes which not only bring a richness and depth of colour to my work, but a softness too when needed. I am intrigued by all the tiny details and watercolour allows me to capture these, hopefully inviting you to move in for a closer look. My paintings take many hours from initial sketches and graphite studies to the finished painting. It can add up to 100+ hours, but it's a labour of love that sees me become a virtual recluse when I get going. Lesley still works part time in the Learning Support Department of Long Bay College on the North Shore and spends the rest of her time painting. Last year she started tutoring botanical illustration for beginners at Kumeu Art Centre, as well as privately, and loves being able to inspire others by sharing her love of painting botanical subjects in all their guises. It's often the ones that aren't the prettiest or appealing that Lesley enjoys the most. Her work can now be found in homes in New Zealand, Australia, and the UK. So if you see someone rummaging through the fruit and veg stalls in the supermarkets, picking out the less than perfect ones, the quirky ones, 'it may well be me looking for my next subject', she says!



NORTH WEST DISTRICT BUSINESS ASSOCIATION

We have had a busy quarter and have launched our last video showcasing the North West and encouraging people to come to the area to play and enjoy. Check out our North West Coun-



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try NZ Facebook page to view all videos. We have completed a range of brochures for the area such as Adventure Country, Artisan Country, Wedding Country, and Wine Country that we are placing in visitor locations to encourage people to come out and see what great things we have to offer. Our two Business After 5 events for June were all about Health and Safety in your business. These were held in Parakai on Monday 13th June and Riverhead on Tuesday 14th June with goods responses. The events were led by Chris Lawrence and John Delany. Our Arts and Events Subcommittee is looking at delivering a signature event in the new calendar year on behalf of the business association and we are seeking feedback and ideas now on what that can look like. Our Constitution sub-committee has been busy going through our constitution and making sure it is correct and up to speed with the new Business Improvement District Policy which was adopted at the beginning of June. We will look to get any changes to the constitution ratified by members later this year. We are now gearing up for the AGM, planned for Thursday August 25th. We are currently looking for a venue and location so watch out for when that it announced. We hope to see a record number of members attend this year and we will have a very exciting agenda and reports to share about what we have been achieving for you. The Committee has also just allocated some funding from our Township Improvements budget to increasing the number of streetside planter boxes in Helensville. With the help of local support we hope to have new boxes in place before Christmas. Last but not least we have now drafted our Strategic Plan for the next few years, as well as our Business Plan for 2016/2017. Don't forget we would love to hear from you so don't hesitate to contact any of your local representatives or our BID Manager, Gary Holmes. All contact details are on our website www.northwestcountry.co.nz. Danielle Hancock, Chair - North West District Business Association.

THE JOY OF WINTER PLAY

Winter is upon us here at Country Bears, but this doesn't stop us getting outdoors to discover those magic places. Fresh icy chills, a whistling breeze and droplets of rain kiss our cheeks. We embrace playing in all conditions, rain or shine ...



there's no such thing as bad weather, only bad attitudes and inadequate clothing! We wrap up warm, step into our gumboots and venture outdoors for an adventure filled day of puddle jumping, insect finding and exploration in one of our most primal elements in our world, nature! Our younger Baby Bears children love the feeling of oozing mud between their little fingers and toes, something we strongly encourage to make those fundamental connections with the environment. Our older Bear Cubs and Bigger Bears are intrigued to discover new findings in the tree house and around the forest. These sensory hands-on experiences feed children's brains and provide the foundations to learning about the wider world, such as what is required to grow crops, farming, ecology, how to protect our eight legged friends living amongst us and much, much more. It is so important for ongoing learning that children take an interest and explore their environment and all the resources within it. With the teachers support here at Country Bears, this is the learning environment we are able to foster on a daily basis. If you would like to visit our wonderful Centre, designed to provide the children space and time to develop at their own individual pace, give us a call on 09 412 8055 to arrange a suitable time. In the meantime, check out our Facebook page: www.facebook.com/cbearsecc. Country Bears Early Childhood Centre, 79 Oraha Road, Kumeu - phone 09 412 8055.



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BLOOD BROTHERS

Massey High School proudly presents "Blood Brothers" by Willy Russell at the Bruce Ritchie Performing Arts Centre, 274 Don Buck Rd, Massey from July 5 to 8 at 7pm. Adults \$15, Students \$10, Family (2 adults + 2 students) \$40. Purchase tickets at Massey High School Bursars Monday to Friday between 8am and 3.30pm. "Blood Brothers" tells the dramatic story of Mickey and Eddie, fraternal twins who are separated at birth. The twins' different backgrounds take them to very different ends of the social spectrum, one becoming a councillor and the other unemployed and in prison. See link at www.masseyhigh.school.nz.

DUST SUPPRESSANT

Serious health issues from breathing in dust particles originating from unsealed roads may soon be solved for the NorWest's rural residents.

Auckland Transport is undertaking a full-scale trial to test the effectiveness of five different types of dust suppressing methods.

These range from Otta seal, which is a mixture of gravel and asphalt, through to organic chemical dust suppressants.

The news is welcomed by Rodney Local Board member and Councillor candidate Mr Greg Sayers who says after years of campaigning to the highest levels within Auckland Transport and Auckland Council he's happy a positive result has materialised for all rural ratepayers.

"The dust nuisance issues go beyond just health issues such as asthma," says Sayers. "It also causes damage to vehicle's computers, hinders visibility, affects livestock and contaminates tank-water supplies."

"Rural rates need to be spent on this issue which is worsening as more sections are developed around areas such as Kumeu, Riverhead and Kaukapakapa. More people are also visiting the rural areas increasing the traffic volumes."

Preparations for the summer dust suppressant trials are already underway on Old Woodcock's Road in the Kaipara Flats. The five different products being trialled have been listed by Auckland Transport as;

1. 200mm stabilised overlay, G3/5 chip seal
2. Otta Seal
3. G3/5 chip seal over existing pavement
4. Unsealed pavement with MAP maintenance aggregate
5. Unsealed pavement with chemical dust suppressant



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Dust suppressants are used as an interim measure until roads are sealed. The best performing solutions will be able to be used throughout the NorWest and the rest of Rodney. Kaukapakapa resident Mr Athol McLachlan says rural areas do not receive other Auckland Council services such as water or sewage and is pleased Auckland Transport is focusing on a rural issue.

“Hopefully these trials will produce a solution to better protect our roads from corrugations, reduce the dust and make it safer for drivers not familiar with gravel roads,” he says.

Picture - Rodney Local Board member Greg Sayers gives the thumbs up for dust suppressant trials.

MEACTIVITY

I often ponder that Muriwai is a collective of individuals. This is most apparent at the dark time of year. As we head towards solstice, people seem to close their doors, light the fire and hunker down.

Or maybe that is just MeACT’s crew? In absence of any words and activity from the beach, I’ll get out into the brief bright winter sunshine; see if I can spot the kereru munching my guavas. And leave the rest of this column to Forest and Bird’s excellent annual Garden Bird Survey.

Running 25 June-3 July, this survey is a great way to see how common species’ numbers are trending. Kiwi, kaka and kokako have recovery plans. You can help keep an eye on all NZ birds. The information you collect will become part of a 10 year old data set. House sparrows have come out on top in every survey so far, but this will vary garden to garden, area to area, and also if people are feeding birds. www.forestandbird.org.nz/the-garden-bird-survey-needs-you.

WAIMAUKU VAULTING CLUB

Learn to stand on a moving horse with the Waimauku Vaulting Club! Balance is one of the key skills learnt in equestrian vaulting. Our lessons also build up core strength for holding moves like the push up which is similar to a plank but with your hands gripping onto handles and your feet balancing on the rump of a horse. Flexibility is developed in the



sport of vaulting to complete more advanced moves like the splits or the back bend otherwise known as a bridge. Vaulting is also a theatrical sport that uses skills such as adagio and dance. Aerial acrobatics and gymnastics are great crossover skills to apply in vaulting as well. We develop many of these skills first

on our vaulting barrel before we introduce the additional challenge of balancing on a moving horse. Our horses are trained specifically for the sport of vaulting with rhythmic movement as well as an easy going temperament that makes them reliable and steady while vaulters are doing creative exercises on their backs. We have Hugo, our 15.2hh Clydesdale mixed breed horse for learners. But before long our vaulters will be doing their exercises on Tiny, our 18.1hh gentle giant horse who came to us from the Kapiti Vaulting Club after he had finished helping them train their vaulters for the world equestrian games.

We welcome you to come and have a look at one of our lessons. We practise from 2.30 - 5pm on Saturdays at 1256 Old North Road. Call or text us to let us know if you’d like to watch. During the school holidays we have a Try Out Vaulting session. Keep an eye on our Facebook page for details. Contact Belinda on 027 782 3203 for more info.

WHY VISIT ISLANDS DIRECT OUTLET SHOP?

Islands Direct outlet shop is officially open Monday to Friday from 12 – 2pm. Situated at e-pack at 16 Shamrock Drive Kumeu it is local, easy to find and has a huge range of products for all the family. Our product range is huge, DVD’s / CD’s & books for adults and children. Bedding , house hold appliances, tools, wallets and purses, massagers and foot spas, kitchen appliances and towel sets, flying drones and a huge range of casual costume jewellery. And here’s a good reason for buying in June – spend \$50 or more and you get either a 15% discount or you can choose a free product up the value of your discount. If you have relatives or friends living out of the area you can take advantage of our unique “shop & ship” service. Simply find your gift from our extensive range and we gift wrap it and send to anywhere in NZ or the world, easy as! Whatever the gift needed we have some great ideas....try us out. And all our products are backed by a 100% money back guarantee. Come visit us today.



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FOOD & BEVERAGE

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eggs or Japanese curry sauce. Why does everyone love our crunchy katsu chicken? Because it's best with salad, you won't feel guilty having deep fried food with our homemade fresh salad. Because it's great harmony with scrambled eggs, you will smell all the flavours when you open the lid. Because it's a perfect combination with Japanese curry sauce, you will lick all the sauces with the chicken pieces till the last bite. Even though it's 'takeaway' food we pride ourselves making it healthy for locals as much as we can. We use 100% rice bran oil and make our own sauces. You will taste the difference.



We are located in the Passion Produce vegetable shop car park at 92 Hobsonville Road. You can find our menu on our Facebook page www.facebook.com/pekopekojapanesetakeaway or simply come down and see us in the truck.

LEMON AND CRANBERRY SLICE

200gms butter
1/4cup golden syrup
1 ¼ cups flour
½ cup sugar
½ cup dried cranberries
1 tsp Baking powder
1 ¼ cups cornflakes
1 cup coconut



In a large saucepan melt butter and golden syrup. Add all other ingredients and stir till combined.

Press into a slice tin and bake for 20 mins at 180.

When cool ice with lemon icing.

Icing -

1 ½ cups Icing sugar
50 gms Melted butter

Juice of ½ lemon

In a large saucepan melt butter and golden syrup. Add all other ingredients and stir till combined.

Press into a slice tin and bake for 20 mins at 180.

When cool ice with lemon icing.

PALEO CAFE

Paleo Cafe has been open for four months at Westgate. Everything we sell is gluten free, dairy free and refined sugar free!

The Riverhead's winter deals

Monday Night **Local Pool Comp** \$5 to enter, cash prizes to be won! from 7pm in
A fun way to meet other locals The Portage Bar

Tuesday Night **The Riv's Ribs** 'All you can eat' \$32pp from 5pm

Wednesday Night **Quiz Night** A great night for friends, family, young & young at heart with prizes to be won! Bookings Essential. from 7.30pm in
The Portage Bar

Thursday Night **Two for One Pizza's** Dine in only from 5pm in
The Portage Bar

Friday Night **Cocktail Night** Why go all the way to town? from 5pm

Saturday Night **Rugby on the BIG screen** from kick off time in
The Portage Bar

Sunday Afternoon **Sunday Live** Live music from 1-4pm. Free entry most Sundays. Bring the family gates open at 12 -5pm
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MR & MRS HAINES AT HALLERTAU

Contemporary Jazz's original Squire for Hire Nathan Haines touches down at Hallertau Brewery for an afternoon session on Sat 16th July. Nathan live on flute and sax with DJ Jaimie Webster-Haines spinning the wax plus live percussion from Darren Boyer-Warner. This promises to be a joyous soulful blend of latin, jazz, and Nu-disco sounds. Tickets \$30 from Hallertau or via eventfinder.



AKITA SUSHI

After a long holiday, Akita Sushi is now back in business. We hope you all had a wonderful holiday :) Check out our black rice sushi. Black rice may be less popular than brown but it is richest in powerful disease-fighting antioxidants among all the rice. Scientists have discovered that black rice is high in dietary fibre, has anti-inflammatory properties, and the ability to help prevent the development of diabetes, cancer, heart disease and even weight gain. Black rice is not only healthy but it is also delicious, especially when you make it into sushi. A much better option for lunch or snack than having salad for every meal to lose weight. Black rice is, without a doubt, our most popular rice. We have lots of fun making it, and we hope you can enjoy it too. Better yet, there is a vegetarian option available for those who want an even more healthy meal,



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SOLJANS ESTATE WINERY

Soljans Estate Winery is holding its annual Winter Wine Fair from 8 July to 24 July 2016. The Soljans Winter Wine Fair is the perfect time to pick up remarkable deals on Soljans award winning wines. The Cellar Door will have wine case specials, cellar selection special and the desirable \$9.90 bin ends. There will also be some delicious mulled wine available for tasting. Soljans Café's

head chef, Paul Reid, will be crafting some special dishes in honour of the Winter Wine Fair. The café has also created a fun colouring competition for the children. If you have any questions regarding the Soljans Winter Wine Fair, please contact our Cellar Door on 09 412 5858 and if you wish to reserve a table in our café please contact the team on 09 412 2680.


THE RIVERHEAD

Increasingly we see people coming to our place presumably with people they care about and you'd think they would be energetically talking and interacting with one another. A quick scan around can see the alarming percentage of people on their phones. What is it that is more important than the person you're with? Does the other person then feel obliged to pick up their phone? The alternative is just sitting looking at their special person and the back of their phone. My suggestion: pick your moments, prioritise and make the person you're with your focus. Try it in our cosy restaurant and enjoy the heart-warming food we have on our newly developed & gorgeous Winter Menu. Check out our winter rituals (see our advert) and don't forget the rugby...there is simply no-other place as warm and comfortable to watch the rugby in the 'match like' atmosphere as The Portage Bar. Hope to see you soon.

THE TASTING SHED

The Living Room is the largest venue on The Tasting Shed's premises, seating up to 50 guests at any one time. The rustic, country aesthetics have been intentionally preserved with the use of natural and recycled materials throughout. The furnishings are full of character and you'll find that the interiors' details evoke images of their own unique and varied histories. In The Living Room, you'll dine at handmade teak tables with chairs that were once Indonesian fishing boats, now beautifully repurposed with hints to their past existence still visible. When you order a drink from the bar, enjoy admiring the authentic 60-year old New Zealand apple and pear board boxes, then unwind on our soft cow-hide banquette seat and snuggle with one of our comfy cushions. To intensify the tranquil ambience, our ceilings are gently illuminated by groups of hanging lanterns. If you prefer to socialise while you're wined and dined, invite yourself to a seat at the Kitchen Table in The Living Room. Visit The Tasting Shed's Living Room to find out why one-of-a-kind dining is synonymous with Kumeu. Hours of operation: Wed - Thurs: 4pm - 10pm and Fri, Sat, Sun: 12pm - 11pm phone 09 412 6454.






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PETS

TIPS & ADVICE

HOW ARE YOUR PETS COPING WITH THE THUNDER AND LIGHTENING?

We've had some pretty amazing thunderstorms already this winter and they're likely to keep on coming. Some pets will be absolutely fine with the storms and sleep through them; others however can find them VERY frightening. Here are a few tips that could help you. Remember no two pets are the same; you may have to trial a few different ideas or a combination of things to find out what will help your pet.



1. Keep them near you: Being around you can help calm your pets, as you will make them feel safe and more secure.

2. Keep them inside: Being inside reduces the noise from the thunder and if you close any curtains/blinds you also reduce the visibility of the lightning.

3. Make a den: Having a safe place to go can really help. It offers comfort and can reduce the commotion of the thunderstorm.

4. Clothing: As strange as it sounds wearing clothes can help relax pets (as long as they like wearing clothes and it's not going to scare them more!!) There are jackets available that have been specifically designed for pets to wear during high anxiety periods to make them feel calmer.

5. Noise: Having the radio or TV on helps reduce the impact of the noise from the thunder. Remember that you may need to

turn the volume up louder than usual.

6. Entertainment: Get your pet doing something to take their mind of the storm. If they know any tricks get them practising, or hide treats around the house for them to scent out, or you could even create an indoor obstacle course for them...anything that will distract them from the scariness outside.

7. Holistic remedies: There are some essential oils available, which are known for helping to calm your pet. These can work wonders, but please make sure you are using remedies specific for the species. Essential oils can be toxic if ingested so ensure they are not where your pet or another can reach them.

8. Training remedies: Talk to a behaviourist or trainer as they may have some exercises to put in place to help desensitise your pet to the thunderstorms. Use positive methods of training, as you don't want them to associate anything to do with thunderstorms in an even more negative way. Our behaviourist trainer Laura is available for any questions you may have.

9. Medical remedies: If you are seriously concerned about your pet hurting themselves during thunderstorms then talk to your vet about possible prescription medication to help them.

These tips can help your pets be more comfortable during a thunderstorm, remember to be realistic: the idea is that your pet will be able to cope with the thunderstorm NOT to suddenly be happy that there's a thunderstorm. What may work one storm may not work the rest so be prepared to try a couple. These tips can also be used to help your pets during fireworks too. For further information or advice contact Laura on 0508 PET FIRST or laura@petfat.co.nz.

RAISING THE PERFECT PUPPY

Training your puppy should be fun for both you and your puppy. Using positive reinforcement methods that are based on how dogs learn and are dog friendly give the best results. This is the same training method that is used by trainers at zoos and for animals used in commercials and movies. Basically, puppies learn by the consequences of their actions, so if the consequence is rewarding then your pup is more likely to repeat that action again.



By using positive reward training methods the bond between you and your puppy is improved and training becomes much more fun for both of you. One-on-one puppy training sessions are a great way to start your puppy's education. That way both you and your puppy have the trainer's full attention and your puppy is not distracted by other puppies when trying to learn new things. Starting training early in puppyhood also helps to discourage bad behaviours before they become ingrained and helps your puppy to develop into a good canine citizen. Contact me today to discuss your puppy's training needs. Tania Evans

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DIY BOREDOM BUSTER TOYS

Tired dogs are happy dogs! Most dogs with behavioural issues, such as destructive behaviour, barking and escaping, simply have too much energy and not enough things keeping them busy. If you are at work all day there are some great boredom buster toys you can make yourself to keep your fur-children occupied. Here's just a couple of cheap and quick to make ideas. Upcycled T-shirt Toy - For a great use of an old T-shirt, upcycle it by cutting it into strips and braiding it into a tight plait. Instant dog tug toy! Tennis Ball Puzzles - Tennis ball treat puzzles are brilliant for those dogs that like to problem solve and chew. Simply use a sharp knife to cut a slit in the tennis ball and pop your treat inside. As your dog chews, the hole should open to reveal the treat. For more ideas visit pawstohooves.co.nz and check out our blog. No time to walk your dog? Book them in for active adventures with Paws to Hooves. Two or more hours out of the house, exploring Muriwai beach and forest with the pack, returning home tired and content, will certainly reduce your dog's boredom and help eliminate any unwanted behaviours while you're at work. Contact Lisa to discuss booking your dog in on fun walks. Contact Lisa@pawstohooves.co.nz see www.pawstohooves.co.nz or call 027 380 0265.



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WINTER PAWS

SSince it has started to wet I have noticed a lot more paw licking going on in my house. I'm not surprised. In all the areas I pick up and walk dogs there is a huge increase in building works. The wind and rain has been washing huge amounts of mud, dust and building waste onto the pavements. So I thought a handy reminder on simple paw maintenance might be useful. Washing paws after walks will help keep them clean of any irritating substances and stop your dog ingesting any nasty building bits when they lick them. Now you don't need anything fancy and a bath after every walk is not needed unless your dog loves mud! Simply leaving an ice cream tub or small bucket by the door with a small towel for when you get back will be fine. Give each foot a good dunk and swish around and then dry off. Try and dry gently in between the toes. If you have a longer haired breed, keeping the fur on the bottom of their paws trimmed can help them from becoming matted and collecting dirt. If you're reading from the colder parts of NZ and snow is a problem then think about boots for your dog. Although your dog's paws are designed to withstand the cold, they are irritated by the salts we put down to help humans get around in the snow, and constant exposure can dry out your dog's paws. Washing will of course help with this, but the great new socks and boots designed for dogs are now very useful. Have fun walking your dog this winter – most love to be out whatever the weather. If you don't like getting out in the dark think about a dog walking service like ours! We offer a local dog walking service with pick-ups in Hobsonville Point, Hobsonville, West Harbour and Whenuapai. We also sell dog bones, dog balls and dog treats at the Hobsonville Point Market, and through our website www.walkingthedog.co.nz and see us on Facebook at www.facebook.com/walkingthedognz.



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NEW

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New Home Consultant, Simon Wilson, has been part of Signature Homes West Auckland's substantial growth over the last two and half years which has seen staff grow from two to 18 full time members. "I was attracted to the fact that it's a family owned business and that I was joining a new company that I could grow with," said Simon. Simon specialises in new build solutions: Here are a sample of Simon's House and Land Packages in and around the Huapai Area:

CABRA Developments - Kauri Grove Subdivision - Matua Road: 665 m2 flat north facing site corner site. 4 bedroom 2 bathroom Turnkey Options from 995k. 603m2 flat north facing section. 4 bedroom 2 bathroom Turnkey Options from 980k. 2044m2 flat north facing section with beautiful small Kauri Grove on it (large premier section that the "Kauri Grove" subdivision was named after) 4 bed 2 bathroom options from 1.2 million.

Gemstone Developments - Tapu Road Subivision - 768m2 flat north facing section. Turnkey 4 bedroom 2 bathroom options from 1.03 million.

CABRA Developments – Huapai Triangle. 469m2 North Facing Section – 2 story 4 bedroom 2 bathroom options from 950K. Single story 3 bedroom options from 875k.

Special Housing (Conditions Apply) Oraha Estate –237m2 section, 100m2 house (design tbc) – 575k (fixed price). Please call



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MADDREN HOMES TRADIE OF THE MONTH

Congratulations to John Neil (pictured) from Jones Garage Doors for being this month's Maddren Homes Tradie of the Month. John and his team regularly go above and beyond the call of duty when it comes to the service and delivery of Maddren Homes clients. Jones Garage Doors continually meet our required timeframes in a testing market and nothing ever seems to be a problem. The team at Maddrens would like to take the opportunity to thank John and his team helping us consistently produce a quality product. Our owners can be proud of.



RENDERING TO REALITY

One of the first hurdles you face when you start planning your dream home is visualising the spaces. Traditionally you would collect together some images of things you liked and your architect or designer would produce some hand sketches and 2D plans to look at and try to visualise. This process would then be repeated a number of times as you refine your ideas and the plans. While this first step is critical in getting everything you want in your dream home, it can be time consuming and relies on you being able to visualise one dimensional plans as three dimensional reality. Seeing design in 3D is a whole lot easier and quicker. 3D rendering is rapidly changing both how you see your new designs and how you interact with them. Today, 3D rendering is used for analysis and approval in the building process. "3D rendering has completely changed the new home design process. Those who are not good with visualising plans find it so helpful seeing in detail how their house will look and function." Paul Reid Maddren Homes. 3D rendering makes it simpler and quicker for architects and designers to try different design variations. Revisions and changes can be made quickly and efficiently. Changes are made in a flexible environment which means they don't involve having to start from scratch.



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Walk throughs, fly overs and video modelling can even show the effects the sun will have to the design of the home. "The advantages of video computer modelling are that the client gets to experience the full house and all the design features and structure that you miss between the usual still images. It also allows for solar modelling that portrays the design characteristics that have been included to further enhance the overall livability and efficiency of the home." Richard Furze Furze Architecture + Design 3D rendering doesn't just shorten the design cycle though. A final design can now be viewed via the internet or captured on a USB for wider distribution to key stakeholders. Teams can work together to identify different solutions and find out what works best and the most efficient ways to build. Any feedback or changes can then be made to the original CAD file easily. Building companies have been using 3D renders to capture static renders of new homes for some time, but this new generation of 3D visualisation creates a whole new level of value. From design improvements to greater efficiency in the building process. If you would like to see how your dream home could be rendered into reality contact Paul at Maddren Homes on 09 412 1000.

NEW FURNITURE FOR NEW HOME

Buying new furniture for a new build can be both a daunting and an exciting task. Daunting because there is so much choice and you need to make the best decision about your purchases. We've all heard of fashion stylists, well we can do that with furniture too. Hiring an interior designer could be worth it for the peace of mind, discounted products and getting one cohesive design right through the whole house. Style is not something that comes easy to people. I recommend writing down the key pieces you require. Research the type of look you want and lastly, make sure you go armed with measurements and a bud-

get. I also recommend doing your entire interior in a consistent sweep over the weekend. That way, impulse buys are less likely to influence you and what you have already looked at is fresh in your mind. A sofa is like a wedding dress. Try before you buy, but don't try too many! If in doubt, contact Pocketspace Interiors. 09 212 6820 laura@pocketspaceinteriors.com.

FEATHERWOOD FURNITURE

Featherwood Furniture got its name from a beautiful black rooster who would wander in and out of the factory. Situated in the foothills of the Waitakere Ranges, the factory is nestled amongst bush and farmland and is an idyllic place to work. Ken Marshall, the owner and senior cabinetmaker has been crafting furniture most of his life. He is committed to craftsmanship and has a love for wood and nature. Having learnt the trade as a youngster and then acquiring the machinery from his mentor some years later, he was well equipped. A new rural property with an empty barn saw the realisation of a dream and the beginnings of a furniture business. Ken started making children's furniture for his daughter's business TomTomJak, formerly Treehouse, 20 years ago. Lucky children slept in bedrooms with the most stylish furniture in town - princess beds with pretty accessories, sturdy bunks, toy boxes, play tables & chairs to name just a few. Still crafting the TomTomJak range, Featherwood now has its own luxurious sleep range of mattresses, bed bases and upholstered headboards. Not just for children, they make all sizes of beds and the beauty is that these items can be custom made. Recently added to the busy factory is a repair and repaint service and they can pick up and drop off too.



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CONCEPT & VISION PLAN

The Auckland Council in advertising their Unitary Plan some two years ago, at the time of notification, the 'Future Urban' plan did not have any concept of the timing of development or the type and density of what could be expected. The Association made submissions to the Commission pointing out that the problems with the growth area was the lack of clarity. The hearings for the zoning for Kumeu were made on the 31st March with a further additional information being presented on Friday 13th April. That was the end of the hearings, with the Commission advising that the final decision being released by them on the 22nd July 2016. The plan enclosed was presented to the Commission as part of our evidence. The elements within the plan show:

1. The extent of the 'Rural Urban' boundary as shown in dark blue
2. The live urban zone as being Huapai Triangle, Huapai North - the existing residential areas of Huapai & Kumeu and reluctantly the Orahua Road SHA.
3. We suggested that the area at Access Road be included in the 'live' zoning on release of the Unitary Plan.
4. 'Future Urban' land and 'Large Lot' areas have to have prepared before a 'live' zoning is instigated a formal structure plan for public comment.
5. The old 'Countryside Living' zone has not been extended in the North East, but has been extended into the Dysart Lane & Motu Road areas and changed to be 'Large Lot'. This would give a Lot size of 4000m² rather than 2 hectares.
6. Identification of the prime soils and Taupaki River flats were done to avoid those areas from being urbanised.
7. Auckland Transport, in evidence, showed the proposed roading connections for the Commissioners. Subsequent roading options by NZTA & Auckland Transport were not provided.
8. The area within the blue line including areas J & I and the Riverhead growth will generate a population of between 22,000 to 33,000 population.
9. The existing live zoning and the existing development will take, when completed, the population to just under 10,000 people.

The work including our own questionnaire was completed by the Association in time for the Unitary Plan hearings. There was no help from the Rodney Local Board toward the cost of the work and their Beacon Pathways research wasn't completed until after the hearings were finished.

The Association believes that the work done and presented has support from community groups and will help the Commission with the final decision. We believe the proposal is a workable solution to Kumeu-Huapai growth. The decision on our proposal and others will be made on the 22nd July 2016. All decisions will be released together to the Auckland Council on the date from the Commissioners. Now we have to wait and see! Pete Sinton, Chairman - KHRRA.

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MURIWAI TIDE CHART

Date	High	Low	High	Low	High
Fri 1 Jul	-	00:35	06:35	13:05	19:16
Sat 2 Jul	-	01:40	07:40	14:07	20:18
Sun 3 Jul	-	02:39	08:41	15:04	21:14
Mon 4 Jul	-	03:34	09:36	15:56	22:04
Tue 5 Jul	-	04:24	10:26	16:44	22:50
Wed 6 Jul	-	05:10	11:12	17:29	23:34
Thu 7 Jul	-	05:55	11:55	18:12	-
Fri 8 Jul	00:15	06:38	12:36	18:53	-
Sat 9 Jul	00:54	07:20	13:16	19:34	-
Sun 10 Jul	01:34	08:02	13:57	20:16	-
Mon 11 Jul	02:15	08:46	14:41	21:01	-
Tue 12 Jul	03:01	09:33	15:31	21:52	-
Wed 13 Jul	03:53	10:25	16:28	22:50	-
Thu 14 Jul	04:50	11:22	17:31	23:55	-
Fri 15 Jul	05:52	12:23	18:34	-	-
Sat 16 Jul	-	00:57	06:53	13:21	19:32
Sun 17 Jul	-	01:53	07:49	14:14	20:22
Mon 18 Jul	-	02:42	08:40	15:01	21:07
Tue 19 Jul	-	03:27	09:25	15:46	21:48
Wed 20 Jul	-	04:10	10:08	16:28	22:29
Thu 21 Jul	-	04:53	10:50	17:10	23:10
Fri 22 Jul	-	05:35	11:32	17:53	23:51
Sat 23 Jul	-	06:18	12:15	18:36	-
Sun 24 Jul	00:34	07:02	12:59	19:21	-
Mon 25 Jul	01:19	07:49	13:46	20:09	-
Tue 26 Jul	02:08	08:38	14:38	21:02	-
Wed 27 Jul	03:02	09:33	15:35	22:01	-
Thu 28 Jul	04:02	10:32	16:40	23:06	-
Fri 29 Jul	05:07	11:37	17:49	-	-
Sat 30 Jul	-	00:15	06:17	12:45	18:59
Sun 31 Jul	-	01:23	07:26	13:50	20:03

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etc. - Andrea can do that too. Whether you're looking for something classic or a sparkly fashion gown, Andrea can help you find the perfect dress to make you feel gorgeous and impress your friends, at a price you can afford. Contact Andrea today on 021 129 8537 or andrea@fancyfrocks.co.nz to book your free appointment. Caption: Just one of the gorgeous gowns in the Fancy Frocks collection (photo courtesy of ShelsYou, modelling by Violet Penty).



A PARENTING TIP

From Nature's Explorers highly qualified Early Childhood Teachers. Learning to get on with others is learning. Use simple words with younger children ie "No hitting" (don't use long winded wording). With older children, encourage them to say, "Stop it I don't like it when" – get children to elaborate what behaviour they don't like with their friends. Encourage children to learn to solve their own conflicts/issues (unless it is a violent situation). Intervening all the time means an adult is solving their issues. Call us to secure your space on 09 412 8800.

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HOME & GARDEN

COUNTRY ETIQUETTE

I am a relative "Newbie" to the country community (5 years) but I have ties in Kumeu that go back 30+. I was inspired when talking to some locals to write a "What to Do" information article to help townies like me fit into the community. With the help of Facebook and our community pages I asked for people to come up with some suggestions to make living in the community better for everyone. After all the main reason we move to rural areas is because we want more space, less traffic, safer roads, less pollution and more peace and quiet. But we need to know the rules so we can fit in without complaining that the things we moved here for: are now the things we whinge about. One of the first things I learnt was as soon as I put on heels I could guarantee that I would come across stock on the road. Which brings me to point number 1.

1. Stock on the road – Do: Stop and put them into a paddock, or driveway. Try to contact the owner (horse owners maybe look at putting a contact number on the covers?) Don't: Drive past or through them especially don't toot your horn or flash your lights!

2. Horses being ridden or walked – Do: Slow down, turn down the music and give them a wide berth. Don't: Drive past them at speed or toot your horn – remember one of the reasons you moved here was for the country lifestyle.



3. Gates open or closed - Do: Close a gate after you – there will be a reason it is closed! Don't: Leave a gate open you may let stock onto the road.

4. Country noises; you know the ones tractors, quads, chain-saws, dogs barking when bringing in cattle, the odd "Come on Girls" or "Get away back" Do: Enjoy the sounds of the country. Don't: Get you knickers in a twist and complain because they are not the noises you are used too.

5. Neighbours - Do: Give them a wave and a smile. Look out for each other, get to know your neighbours as they may be the only person to hear you if you need help. Don't: Ignore them. If you're having fireworks or loud noises that may startle stock, give them 24 hours' notice so they can move them to an area further away.

6. Cyclists - Do: Ride and enjoy the beautiful countryside and fresh air, stay to the left. Don't: Ride 3 abreast; the speed limit on many of the roads is 80km and if someone comes round a corner and you are there they may not be able to stop or avoid you.

7. Horse floats and trucks - Do: Have some patience they don't move as quickly as cars. Don't: Pull out in front of them, as they take longer to stop.

8. Animals & fences - Do: Check your animals and fences daily, coming in to winter animals can break through as thunder and lightning become more frequent. Don't: Assume they are going to be ok, lack of feed in a paddock can also make them push through fences.

9. Littering- Do: Take it home – if you see someone littering report them. Don't: Throw it out of your car or dump it in the ditches.

So enjoy, smell the roses or cow manure, have respect and be ready to help your neighbours. Be part of the community and smile. Written by Jo McCulloch - Photograph by Kate Clough.

CAMELLIAS FOR YOUR GARDEN

It is hard not to notice the flowering Camellias in gardens at the moment. These are the early blooming Camellia sasanquas making the perfect hedge with lots of colour to brighten up the start of winter.



Camellias are remarkably tolerant and adaptable. Fantastic for hedging, screening, background planting, container planting and as one-off stunning specimens. They trim well, transplant easily, and can provide flowers from as early as March through to November. Awa Nursery currently has a huge range of Camellias in many different colours. We have Camellia sasanquas (an early flowering variety approximately March), Camellia japonica and Camellia reticulate hybrids, which flower from May through to October. Perfect to brighten up an area in winter.

Camellias have a spurt of growth after flowering, so it's best to feed when the last flowers are coming to an end. You can trim



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them immediately after flowering. They are happiest in acid soil that does not have too much clay content. They like a nice peaty soil that drains well. You can work some peat into your soil if you feel it has a bit too much clay. The roots are near the surface so it is important to keep them cool in the heat of summer with a layer of mulch. If possible plant with protection from the afternoon sun. You can buy a specialized acid fertiliser to feed your Camellias which will help them to stay healthy and keep the foliage deep glossy green. You can pick up some fertiliser along with your Camellias at Awa Nursery. Phone 09 411 8712 or visit www.awanursery.co.nz.

THE POTAGER (EDIBLE GARDENING)

This month it's Bastille Day, so we have sprinkled a little bit of France through our gardens...

- Lettuce for the cold – Salads are possible when you have as mild a winter as this. But stick to the hardier ones – especially with the fancy names: Merveille des quatre Saisons (French of course), Drunken Woman (who knows?), Arugula – that's just rocket by another name. Rocket, particularly wild type, grows well in most winter vegetable gardens over this time.



- Potato prep – Dig over an area that will get reasonable sun as is likely to be free of frost from September. Add Living Earth organic Compost as you go and you've got the bed ready for sprouted tubers. Varieties appear from late July in the garden centres.

- Fruit tree pruning (deciduous tree) – general rules say that creating a vase shape is best, cleaning out dead wood and any centre or crossing branches. For individual fruit varieties, your local garden centre is really knowledgeable on what to do. If you fancy a design element in your garden (very French) take a look at these shapes

- Frosty parts – On cold still nights, cover your tamarillo, young bananas, avocado and cherimoya trees, naranjillas, pawpaw and all those other tropical fruits you were tempted by last summer! (even newspaper makes an excellent frost cover)

- Blueberry bushes – end of this month is a great time to prune and shape, then apply some compost around the base.

The rest of the garden

- Bastille Day evokes old fashioned roses from France – many of them are strong easy care types - the classic big rambler, Alberic Barbier, grows well with minimum care; Crepuscule is so named because the delicious apricot blooms open at dusk – perfect for growing on brick walls; Souvenir de Mme Leonie Viennot is an early flowering rambler of coral pink hue; Souvenir de St Anne's is a small bush with the most highly scented blooms.

- Lawns - Mow only when the lawn is dryish, with the blade set



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high – this avoids damage to the grass; spray Yates Surrender over the mossy parts

• Lily Bulbs order at nzbulbs.co.nz – lilies are really great value for money and dwarf varieties can be easily grown in pots – plant them now for some fabulous Christmas centrepieces on your table.

Rose pruning - Planted some new bushes, with no idea how to prune them? Then head to the Rose Society's Rose Pruning Demonstration day - Saturday 23rd July at 1.30pm Parnell Rose Gardens, Gladstone Road, Auckland. And make sure you get your secateurs and other shears, loppers etc sharpened by a professional. Your local garden centre can do this for you.

Central Landscapes - 508 Swanson Road, Swanson - phone 09 833 4093.

LIVESTOCK REPORT

A large yarding of cattle sold really well at Pukekohe on Saturday with a packed bench of keen buyers in attendance. Killable cattle prices were up on previous weeks with steers to \$1,855, heifers \$1,790, cows \$1,225 and bulls to \$2,170. Quality young cattle are very sought after with lack of availability the biggest problem. Medium 1 year steers sold to \$1,120 and good forward heifers made to \$1,300. Demand continues to be very strong for the better quality lines of store cattle, as many local farmers have been lightly stocked for some months and are looking to restock before spring prices start again.

CATTLE

Best prime steers	\$1,290 (455kgs) to \$1,855 (659kgs)
Other 2 year steers	\$1,095 (415) to \$1,180 (430)
Good 15 month steers	\$970 (360) to \$1,120 (407)

Lighter steers	\$800 (253) to \$930 (378)
Light rising 1 year steers	\$690 (150) to \$760 (290)
Small weaner steers	\$600 (165) to \$630 (180)
Prime heifers	\$1,130 (430) to \$1,790 (685)
Other good heifers	\$1,005 (382) to \$1,120 (422)
Medium 15 month heifers	\$785 (251) \$950 (387)
Light heifers	\$680 (226) to \$715 (265)
Medium weaner heifers	\$525 (200) to \$600 (215)
Boner cows	\$750 (370) to \$1,225 (600)
Bulls	\$1,690 (625) to \$2,170 (755)
SHEEP	
Store lambs	\$40 to \$60
Ewes	\$40 to \$70
Ram	\$27
FEEDER CALVES	
Beef bulls	\$80 to \$320
Beef heifers	\$200 to \$240
Fresian bulls	\$140
X breeds	\$10 to \$95
PIGS	
Weaners	\$15 to \$100
Porkers	\$200 to \$225

ESTABLISHING A LIFESTYLE BLOCK

Over the next few months I will write a series of articles covering the planning, purchasing and setup of a property to help you secure your rural lifestyle. Should you require any additional information or have any question please give me a call or send me an email. If I am unable to answer the question, I probably know somebody who can. I have a wide range of farmers, breeders, vets and builders to draw from. Lyndsay Kerr 09 411 7854, 027



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554 4240 or lyndsay.kerr@mikepero.com. Once you have made the decision to move out of the suburbs and build a rural lifestyle you will probably never look back. Having made that decision over twenty years ago I have no regrets whatsoever. The planning and purchase of the right block was an exciting time for both my partner and I. One of the first things you need to think about is what do you want to do with the land, do you want privacy and space, do you want somewhere for your horse or would you like to graze stock or indulge in horticultural pursuits. These activities require differing amounts of land and different types of land. This is where the advice from friends who have made the move or a rural real estate specialist is vital. Getting the right land from the start will make your lifestyle journey a lot easier. Do you want flat land that is easy to work or do you want land with elevated views from which that glass of wine in the evening on the deck makes all that work so worthwhile. Different animals are more suited to particular types of terrain. For instance horses are more suited to flattish well drained land where as sheep, goats and alpaca don't mind sloping land at all and chooks can live anywhere you can establish a good secure chook house. The size of the block is critical should wish to run a number of animals, it is worthwhile consulting your local rural outlets to get a feel for stocking rates in your chosen district. The folk who run these businesses are always helpful and a great source of local knowledge. Stocking rates can change due to the season or to what breed of animal you are grazing. For instance grazing a few sheep for meat requires less land than say breeding ewes which require a higher food intake to raise their offspring. Next month I will write about land size and stocking rates for a variety of animals suitable for lifestyle blocks.

RIGHT-OF-WAY REPAIR AND MAINTENANCE

The property Law Act 2007 provides a backstop arrangement for fixing up a right-of-way as and when the time comes. That is, there is now standard formula if the terms of the right-of-way easement are insufficient for that purpose. In essence, a right way user may give notice of the nature and scope of the work to be carried out including costs. Unless there objection to that within a specified number of days, it may become binding on all of the right-of-way users. Even if you only use part of a right of way, you are assumed to benefit from all of the right-of-way and therefore responsible for a share of the costs for all of the right-of-way. Frequently, the argument is over the extent of any repairs or improvements. One user may want a fully formed and concreted right-of-way as against another user who prefers to fix up the potholes as and when they arise. Importantly, consult a lawyer if you are embarking on a right-of-way maintenance programme or are on the receiving end of a demand. Luke Kemp - 09 412 6000 or luke@kempsolicitors.co.nz.

TOP TIPS FOR GETTING YOUR PROPERTY OPEN HOME READY

You may think you know the basics when it comes to getting your home ready to sell: remove any clutter or personal effects, fix what's broken, and stage your rooms. But buyers can be a fickle lot, and they can fall in — or out — of love with a home for any number of reasons, some so subtle that the buyers themselves aren't fully aware of their logic.

If you really want to make your home attention-grabbing for all the right reasons, here are some tips to up your game with these outside-the-box tricks:

Use lighting to set the mood: Swap out your bright white light bulbs for a soft and flattering wattage that invokes a cosy, yet welcoming feel and hides any tiny imperfections. Opt for bulbs that emit yellow-toned and red-toned hues.

Let the light shine in. Have your windows professionally washed, or devote an afternoon to washing them yourself from both inside and out. Even on grey days, clean windows will let in more light and make your rooms sparkle — and buyers will definitely notice if it isn't done.

The devil is in the detail: Small details can make your home look dumpy without you even realizing it. Freshen up rooms with new switch plates and outlet covers if yours are grubby from fingerprints or yellowed from aging. Polish handles and hardware and use a Magic Eraser to remove minor spots and scuffs on walls.

Welcome Home: You've got the kerb appeal, but what about "walking up to the door" appeal? Invest in a new doormat and take the time to scrub down your front door since it's probably covered with dust, dirt, and oils. Better yet, repaint it and add some new house numbers and a new porch light.

Prepare for snoopers: Buyers will open your fridge, peek in your medicine cabinet, and check under your sinks. Make these areas so tidy Martha Stewart would be proud.

Don't knock feng shui: Many of its teachings can help make your rooms more attractive: avoid having the backs of furniture fac-



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ing entryways, close the toilet lid, and don't place anchor pieces like beds or sofas against a window.

For any advice on getting your home open home ready or to discuss any real estate issues on your mind, please contact Susan Annett on 021 345 788 or susan.annett@mikepero.com.

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SPS PLUMBING SERVICES

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plumbing and treat every job as if I was working on my own home. I strive for customer satisfaction and believe in getting it right first time. My services include - Full bathroom renovations. (I can organise the whole job including all other trades from start to finish), Kitchens, toilets, roofing and spouting, solar systems, water mains. Hot water cylinders, burst pipes, dishwasher and washing machine installation. Scott Sutherland - Certifying Plumber contact 027 430 0251 or 09 832 7267 or visit www.nocowboys.co.nz/businesses/sps-plumbing-services.

QUINOVIC

Quinovic looks after a variety of properties across North Shore region and is obliged to ensure that properties now meet the legal requirements under the new Residential Tenancies Act. We have vast experience in the property management game, and we can't stress enough the importance of meeting the new legislation. Landlords are required to have a minimum of 1 working smoke alarm fitted within 3 metres of each bedroom door, and also disclose the extent of insulation in their properties from 1st July 2016. Failure to provide information, or providing false or misleading information, will become unlawful acts. However, for buildings where the insulation details are unknown and the landlord has made all reasonable efforts to obtain the required information, they are able to make a statement to this effect. Quinovic is working alongside landlords to ensure that the new legislation is met. We make the whole process easy for property owners; let us show you how we are different. We offer a free rental appraisal for your property with absolutely no strings attached. Janine McCormick, Business Development Manager - Phone 021 844 531 or 09 390 4277 or email janine@quinovic-takapuna.co.nz.

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G.J. Gardner. HOMES

BOBBINS - DOES ONE SIZE FIT ALL?

Did you know that different sewing machine require different bobbins - one size does NOT fit all machines. I often have machines come in for servicing because the tension is not correct and find there is an incorrect bobbin in the machine. Bobbins are weighted differently so that they spin at a correct speed to give correct tension. They can also be different width and thickness. If the bobbin does not fit into the bobbin case properly then it will not spin consistently. It does pay to throw out your old bobbins if you have bought a new machine (unless they are the same brand) so that you are not tempted to use the old. If you have bought a new machine recently - do ask if your old bobbins can be used. Another issue I often find is that we have a tendency to wind thread over top of left over thread already on the bobbin as we "just need a little bit" to finish something off. The problem with this is that the thread is not starting to wind on a hard surface and therefore does not wind correctly again giving you incorrect tension. When winding your bobbin if you can wind slowly so you do not over stretch the thread. I know it is boring to do and the bobbin always runs out when you don't need it too or you have just about finished, but trust me, taking the time to go a little bit slower is worth it. What is coming up at All Things Patchwork over the next month? Well it is school holidays so we will be running some children's sewing classes. Absolute beginners in week one and intermediate week two. Contact us on 09 411 7618 or call into the shop. Cheryl Houston - All Things Patchwork.

POWER DURING A POWER CUT

Rural living has so many benefits, the space, the community and ability to be a little more self-sufficient but what about the power cuts we get? A few weeks ago someone decided to take on a power pole just out of waimauku on Friday afternoon meaning we were without power for about 7 hours. Do you have a home office or small children? Do you need the power to run your water? Is it essential to your business? At SPARKN Electrical we have come up with a solution to help you gain a little independence from the grid. We can do this with a generator or standby batteries to power essential services. We can add in Solar power or a larger battery bank to run a great deal more. We can easily install into a new build/garage or shed, or retrofit the system so you have peace of mind next time your neighbours go dark. In the most recent power cut we ran up the system and lit up the house. We managed to run the fridge and the microwave, reducing inconvenience. The neighbours thought we went a little too far when we turned on our outdoor decorative LED lighting. For more information call Tony on 021 772 756 or check out www.facebook.com/sparknelectrical.

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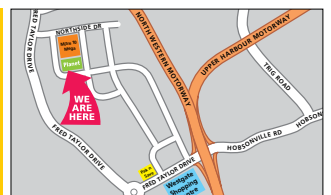
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